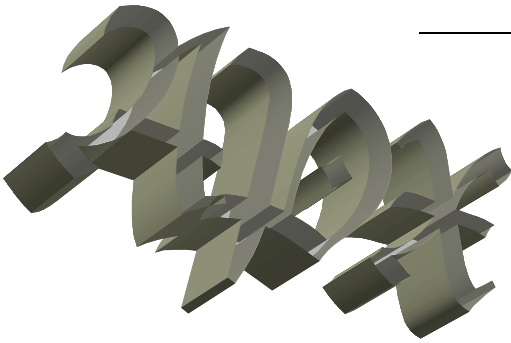


"The constant pursuit of sports performance."



APX & MLB PITCHING DEVELOPMENT *PERFORMANCE CLINIC*

APX recognizes that a baseball pitch is highly dynamic, complex and demanding athletic movement that can cause injuries to professionals and amateurs alike. To address this challenge, APX developed the Pitching Development & Analysis Clinic designed to improve overall Pitching performance with the help of MLB Pitchers. The Clinic's overall goal is to teach Pitcher's how to reduce baseball throwing-related injuries, and to improve Pitching performance. Athletes and Coaches must realize and fully accept that these benefactors equate directly to improved athletic performance on the mound. Pitchers will develop increased velocity, range-of-motion, strength, power, and stamina of pitches during the game consistently.

The *Pitching Development Performance Clinic*, will be directed by current Major League Baseball Pitcher Travis Webb; (#29 – LHP – Cincinnati Reds Organization). Travis will bring his expertise and current professional experience to APX to teach Pitchers the drills and concepts that MLB Pitchers utilize in both the in/off seasons to enhance their performance.

Travis Webb Bio:

AA Carolina Mudcats (Present)
8th Round Pick – 2006 (Cincinnati Reds)
Washington State University Relief Pitcher (2004-06)
Arizona State University (2003-04)

PITCHING ANALYSIS-PERFORMANCE CLINIC GOAL

The goal of the Clinic is to determine and improve the mechanical efficiency of a pitcher's delivery and to assist pitchers with the understanding of facilitating a personalized program to reduce throwing-related injuries. The pitcher will also be analyzed with their throwing and body mechanics.

PITCHING MECHANICS

The Pitcher will develop consistent mechanics to ensure health, longevity and command with multiple pitches in the zone. The teaching of efficient body mechanics, stressing the lower half, core, and hips – to increase velocity and whip. The instruction of Trunk & Torso Rotational Mechanics will also be covered, equating to the addition of a more powerful delivery to the plate.

APX & MLB CLINIC WARRANTS ENHANCED PITCHING PERFORMANCE...

- Mechanics & Fundamental Skill Building
- Arm Care Maintenance Program
- Arm Strength / Velocity Building Drills
- Control & Command
- Pitch Selection & Variety
- Develop Routines (Warm-Up / Post-Game)
- Develop Goals & Equip Players for the Next Level

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**APX & MLB PITCHING DEVELOPMENT CAMP
REGISTRATION & INSURANCE**



NAME: _____ **SCHOOL:** _____

GRADE: _____ **POSITION:** _____ **HEIGHT:** _____ **WEIGHT:** _____

ADDRESS/CITY/ZIP: _____

PHONE (H): _____ **(CELL/WORK):** _____

E-MAIL: _____

EMERGENCY CONTACT: _____ **PHONE:** _____

SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES, ECT.):

DOCTOR / HEALTH CARE PROVIDER: _____

INSURANCE PROVIDER: _____ **PHONE:** _____

CLINIC: _____ **PHONE:** _____

CAMP CONTACT: TRAVIS WEBB @ 509.998.5132 (OR) TRAVISWEBB@GMAIL.COM

CAMP FEE (16 SESSIONS @ \$20.00/SESSION): \$320

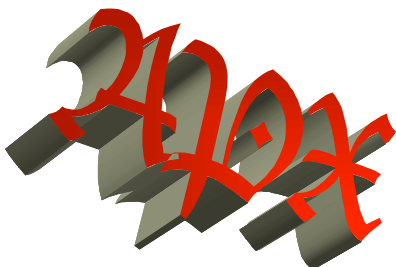
I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of APX STRENGTH, of any and all liabilities in which case my child is injured throughout the duration of the APX Baseball Development Camp at APX. I understand that my child must be insured through a family insurance plan, and that APX does not provide insurance for my child upon injury.

ATHLETE PRINT NAME: _____

ATHLETE SIGNATURE: _____ **DATE:** _____

PARENT PRINT NAME: _____

PARENT SIGNATURE: _____ **DATE:** _____



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BUILDING ATHLETES
BREEDING CHAMPIONS

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APX & MLB PITCHING DEVELOPMENT CAMP ITINERARY NOV. 1 – DEC. 23, 2010



DATES AND TIMES:

- Sundays 5:00-6:30
- Mondays 6:30-7:30 or 7:30-8:30
- Tuesdays 6:30-7:30 or 7:30-8:30
- Thursdays 6:30-7:30 or 7:30-8:30
- Nov 1 – Dec 23, 2010
- **Contact Travis Webb to Schedule @ 509.998.5132 / traviswebb@gmail.com**

LOCATION:

- APX STRENGTH TRAINING FACILITY
- 203 E. Sprague St., Spokane, Wash. 99202

ATHLETE BRINGS:

- Cross Training Shoes & Cleats (No Metal Cleats)
- Bat Bag, Mitt/Glove
- Gatorade/Water Bottle
- DESTROY ALL mentality

EMPHASIS:

- Functional Pitching Dynamic Stretching
- Neuromuscular Balance (Initial Set-Up through Release Point)
- Podium Gathering
- Plate Push & Drive (Hip Extensor/Hip-Flexor Connectors)
- Scapular Retraction
- Elbow-Shoulder-Torso-Head Positioning
- Rotational Lever Building



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BREEDING CHAMPIONS