

INSIDE PITCH

OCTOBER 2018

- **PDP: PITCHERS DEVELOPMENT PROGRAM** (90 minutes)
 - Bullpens, Mechanics, Command, Velocity, Arm Care
- **HDP: HITTERS DEVELOPMENT PROGRAM** (75 minutes)
 - Rotational Strength, Weighted Bats & Balls, Swing Metrics, Rawlings 3 Wheel Pro Machine
- **PL: PRIVATE LESSONS** (45 minutes)
 - Pitching, Hitting, Fielding, Catching
 - One Student Only

PROGRAM	COST	# CLASSES (Per Month)
Combo (PDP/HDP)	\$230	4 PDP, 4 HDP
PDP (2 per week)	\$280	8
PDP (1 per week)	\$160	4
HDP (1 per week)	\$145	4
Private (1 per week)	\$280	4



*Custom monthly quotes available by request

Monthly Fees

- Monthly rates listed above include a set # of classes per month
 - No carry over of classes to the next month
 - We recommend a consistent weekly training plan for best results (min. 1x per week)
- Monthly members receive discounts for IP camps and fielding clinics
- Monthly members have access to schedule monthly progress meeting
- Monthly fees are due on first of each month (reminders will be sent one week before)
- Accepted payments: cash or check, PayPal, credit card invoice via email (3% service fee added)
- All payments are final and non-refundable for any reason

TO ENROLL VISIT IP WEBSITE/PROGRAMS TAB AND FILL OUT GOOGLE FORM

www.INSIDEPITCHSJ.com

Mobile: 408.478.5361

Email: insidepitchsj@gmail.com

October Schedule

Program	Length	MON	TUES	WED	THUR	FRI	SAT	SUN
PDP	90	-	6:45-8:15	5:30-7:00	5:30-7:00	6:00-7:30	-	10:00-11:30
HDP	75	-	5:30-6:45	7:00-8:15	4:30-5:45	4:45-6:00	-	-
Private	45	4:45-6:45	4:45-5:30, 8:15-9:00	4:45-5:30 7:00-8:15	8:30-9:15	7:30-8:15	-	9:15-10:00, 11:30-2:00

*Group classes open to all ages

*Email, text or search Mindbody for available private time slots

*Schedule subject to change (master schedule posted online)

IP Policies & Procedures

- Rates effective as of September 24, 2018
- Maximum 6 students per class; minimum 2 students for group class to be held
- All reservations must be completed through Mindbody (App or Web access)
 - Sign in to any class that has available slots; first-come, first-serve reservations
 - Sign in a few days early to avoid possible class cancelations
 - Reference IP website/schedule tab for more info
- Class cancelations: 24-hour notice required or class counts against package
- Class schedule designed so students can take back-to-back classes if desired
- All students required to wear IP uniform for group and private lessons
 - Includes dri-fit tee, shorts and hat (\$25 per item or \$65 for full set)
- Students are expected to be ready 5 min early for group class, 15 min for private
 - Students have access to our warm up area
- Referral Program: reference online or email us for all details

Inside Pitch Coaches

- **Cory Hall**- Director of Player Development
 - KC Royals, Santa Clara Univ., Taft College, Canadian Jr. National Team
- **David Abraham**- Hitting/Infield Coach
 - Santa Clara Univ., DeAnza, Bellarmine
- **Nate Garcia**- Lead Pitching Instructor
 - TB Rays, Santa Clara Univ., Bellarmine
- **Blake Morrison**- Pitching Instructor
 - Cal State Stanislaus, West Valley College, Los Gatos HS
- **Alex Rivers**- Pitching & Hitting Instructor
 - KC Royals, Santa Clara Univ.

**Location: South Bay Sports Training (downstairs)
995 E Santa Clara St. San Jose, CA 95116**