

Dynamic Speed & Fitness
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October 3, 2018

NJ Nationals / Dynamic Speed & Fitness 2nd year Baseball Speed & Strength
Development Program

Dear parents,

I am excited for the 2nd year of the Nationals Speed & Strength Development to get started. Last year was a big success – the young men that were able to participate learned “how” to lift, work out, use their bodies (especially hips) to their advantage. They gained strength in all areas while not gaining BULK (very important – at this age we are not looking for bulk but lean strong full range of motion young baseball players).

Starting Friday, November 2nd, we will continue this development and build on the foundation that was set last year (for new athletes we work on building the foundation and getting them up to speed – they will not be left out of the process).

The big focus will be on triple extension (ankles – knees – hips all firing in synergy), core development (especially rotational dynamics), first step speed, and overall body strength.

The main exercises going to be used – Olympic lifts, plyo boxes, speed ladder, mini bands for ankles, body exercises – push ups, pull ups, squats, lunges, power exercises – squats, dead lifts, leg press, heavy med. ball tossing / throwing movements.

All exercises and drills will be instructed – all drills are to be done with good form and technique, and concern is how well the exercise is done not how much WEIGHT can be lifted.

If we all work hard enough these young men not only should be able to run faster, hit the ball harder, have improved athleticism and balance, but, just as important, have a great sense of work ethic and team cohesiveness.

Let's make this off-season not just a big success, but a HUGE success.

Very truly yours,

Phil Dyer

Owner & Director

Dynamic Speed & Fitness

The Schedule for first session will be as follows

Friday – November 2, 9, 16, 30, December 7, 14, 21, 28

Wednesday – November 7, 14, 21, 28, December 5, 12, 19

10u – 12u: 5pm

13u – 16u: 6pm

Cost for the 15 sessions (total due on first day – November 2nd) - \$225

Make check payable to:

Dynamic Speed and Fitness