

Overview of the Fall and Winter options at Diamond Dreams

Baseball 4 Life Small Groups – Fall and Winter sessions

- These programs are an hour and fifteen minutes in length and last for ten weeks. They are for players of all ages. They include a proper warm-up, some conditioning and the baseball skills of your choice (pitching, hitting and fielding). They include our Baseball 4 Life workbook, which includes goal setting, practice schedule, and information on improving the player's mental approach. You can even create your own group. They will also include video analysis to make sure the players improved their mechanics. Find four players who will challenge each other to be the best they can be. Players are more accountable in a group setting, they get to see other players and learn from them and then can learn to compete and be challenged in the same way they are on the field. The instructors treat each group and the players in that group differently just as they would in private lessons.

Private or semi-private lessons – Fall and Winter sessions

- There are a decent amount of slots for private lessons in the fall. In the winter, there are very few lesson slots and they are reserved for the fringes of the night (3-4, 4-5 and 9-10 pm). We do this for a few reasons. One, we really believe in our Baseball 4 Life groups, Elite program, and After school flex program, which we just added this year. With that being said, we do offer lessons and this is a great option for our students.

Elite Program – Winter session only

- The Elite program is designed for players 13 and older. It meets on Monday/Wednesday/Fridays, Tuesday/Thursdays, or Monday through Friday. This program includes a proper warm-up, some conditioning, hitting, fielding, pitching and catching instruction. We've lowered the number of players this year to a maximum of 18 for the 3 instructors. That's 6 players per coach if everyone shows up that night. Because the group meets multiple times per week it's not uncommon for players to miss a few sessions. We've also decided to do more video analysis with this program this coming winter. We are constantly re-designing our programs and will make the Elite program this year even better than it was last year!

After School Flex Program – Winter session only

- The after school flex program is new this year. We're really excited about it. This program will meet twice a week from 4-5 pm on either Monday/Thursday with Mike or Wednesday/Friday with Jon. This is an 8 week program designed for athletes 13 and older, which will take players right up to the school baseball season. There will be four players per group. It is called a flex program because we can design it to meet anyone's demands. It's similar to the Elite program but in a small group setting. You are also welcome to form your own group of 4 but since there are only two sessions you should sign-up for these programs as soon as possible.

Speed and Agility program – Fall session only

- This program meets up to twice a week and works on increasing the player's speed and agility. It is designed for athletes ages 9 and above. It will be challenging for all athletes as they will be grouped by age whenever possible. Speed and agility is often what separates good baseball players from great ones!

NASM Performance Enhancing workouts – Fall session only

- Jon will be conducting performance enhancing workouts on Mondays from 8-9 pm, Wednesdays from 8-9 pm and Fridays from 6-7 pm. You can sign up for one, two or all three. These workouts are designed for players ages 13 and older and will include strength, speed, agility, balance, core and velocity/arm strength training. These workouts will be baseball specific and will without a doubt take your game to the next level! If you're looking to increase your velocity this program is for you!

Want something that isn't available?

- We can design a program or even use multiple programs or services to meet any and all of your demands. We have the knowledge from the National Pitching Association, RightView Pro hitting as well as performance enhancement from the National Academy of Sports Medicine. We have the information to take your game to the next level. If you bring the work ethic and desire we can do ANYTHING you want! Also, if you'd like to have a meeting about the best way to meet your goals we'd be happy to do that for you.