

Starz of Tomorrow Off-Season/Spring Training Camp

Off-Season Training & Dynamic Workouts to get you ready for your upcoming Spring Season!

* Daily Dynamic Body Mobility & Plyometric Warm-Ups
	+ Foam-Roll Activation
	+ Youth J-Band Series Arm Care
	+ Youth Introduction to Driveline Baseball Plyocare Ball Drills
		- Reverse Throws
		- Pivot Pick-Offs
		- Roll-In Throw
		- Rocker Throw
* Personalized Throwing Programs with Workouts for duration of camp
	+ Youth Introduction to Driveline Baseball Arm-Care Recovery
* Rudimentary Entry-Level Weight Room Workouts and Static Stretching with Coach Gaines and SCSU Baseball S&C Coach, Nate Welty
	+ Banded Stretch Routine
	+ Pool Workouts
	+ Speed and Agility Drills