**THREE MAIN FOCUSES**

Three things that must be implemented into the book:

Initial assessment→ the assessment is going to determine how they receive their own individual/personalized program at RT

* The individualized program entails: individualized warm up with corrective exercises based off of the initial assessment, a movement and power based program which will include med ball throws, sprint work, and all jump training.
* This includes their own strength and conditioning program
* This assessment will allow us to build the most beneficial program for the athlete to achieve their goals.

*Baseball Overview:* baseball is a game that used force in every aspect of movements performed on the field, whether that is sprinting, throwing, or hitting. A generic program will not properly prepare you for the season, so a specified program will result as the most beneficial to train.

Restoring mobility in the off-season is very important, especially because the repetitiveness of baseball, the body becomes very asymmetrical, so restoring mobility and movement is important to getting your ready for the next season. **(this should be included with the baseball page/ under a sub-topic of mobility and the restoration of mobility)**

In this program, the program also will work with your baseball program to make sure everything is tied in together, so everything on the same page. **(include where the individualized program)**

Nutrition consultation and guidance will be available. **(Nutrition topic)**

We will work with chiropractor/ manual therapist for any additional assessment or manual therapy if needed. **(Resources available at RT)**

As former professional baseball player, I understand the needs of the game and what it takes. Working on both sides, strength and conditioning and baseball development, it helps me understand what the body needs and where the focus should be. **(include in the baseball section; maybe towards the bottom of the page to conclude)**

“Keep Your Head Down And Work.”

“Failure To Prepare Is Preparing To Fail.” John Wooden

Move Better, Feel Better, Be Better

Strength, Power, Explosiveness

**OUTLINE:**

Info Page: state what you are going to be talking about, list the topics brief bullet points of what you are going to talk about. End the page with your mission statement.

**Topic 1: Sports** (baseball can be the main focus, but be sure to just mention that this is importance for all sports)

* Importance of training for sport
* Have quotes from athletes(professional and athletes of Rossys)
* Some pictures you want to be present in the book: athletes working out, strength training, agility, etc

**Topic 2: Strength**

* Physical and mental strength
* You want to stretch the importance of how physical strength is crucial as well as the mental strength
* Give an example of what a week or month training session looks like
  + This will be beneficial for the readers to see what Rossy’s offers

**Topic 3: Nutrition**

* Give examples of nutritional breakfast, snack, lunch, dinner meals
* Write about the importance of healthy foods
* Can give examples of foods to bulk up, slim down, etc.