

TRAINING HQ • PLAYER DEVELOPMENT

UNLEASHED: FALL 2026

The expert training program designed to optimize athletic performance through both baseball training and personal training.



**YOUR INDOOR TRAINING &
TESTING FACILITY**

TRAINING PLAN

**1 IN-PERSON SESSION &
1 AT-HOME WORKOUT /
PER WEEK**

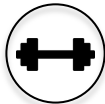
PROGRAM FEE

\$90 PER WEEK

PROGRAM DATES

AUG 31 - NOV 10

WE OFFER



PERSONAL TRAINING

Through sessions led by Coach Dameon, players are taught proper lift mechanics.

Players also receive personalized at home workouts weekly & access to dietary help.



TECHNOLOGY

Players are assessed with state-of-the-art baseball training tools including:

Trackman, Staulker radar guns and more.



SMALL ATHLETE:COACH RATIO

Each group is maxed out at 12 players to allow for a ratio of 1 coach:4 athletes.

This allows for personal player development and high-quality coaching in each session.

SESSIONS AVAILABLE

MONDAY • 5:00-to-7:00PM

For players 8th grade and below

Coaches Niko Sanchez & Ryan Townsend

TUESDAY • 7:00-to-9:00PM

For high school only players

Coaches Niko Sanchez & Patrick Hisle

READY TO TRAIN?

Sign up online to secure your session.

REGISTER NOW



SCAN TO REGISTER