

UNLEASHED: WINTER 2026/27

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

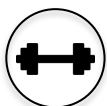


REGISTER NOW

WEEKLY TRAINING PLAN

2x IN-PERSON SESSION and 1x AT-HOME WORKOUT

WE OFFER



PERSONAL TRAINING

Players are taught proper lifting mechanics and mobility techniques.

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



TECHNOLOGY

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

Trackman, Stalker radar guns and more.



SMALL ATHLETE : COACH RATIO

Each group is maxed out at 16 players to allow for a ratio of 1 coach : 5 athletes.

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

10% Discount Code: EARLYBIRD10
– Ends Nov 2

SESSIONS AVAILABLE

Group	Day/Time	Age Group	Price (p/week)	Coaches
1	Mon & Wed 5:00 to 7:00 PM Nov 16 - Mar 10	13 & Under	\$150	Niko Sanchez, Ryan Townsend & Dameon Harriott
2	Mon & Wed 7:00 to 9:00 PM Nov 16 - Feb 24	High School Only	\$150	Ryan Townsend, Patrick Hisle & Dameon Harriott
3	Tue & Thu 5:00 to 7:00 PM Nov 17 - Mar 11	13 & Under	\$150	Niko Sanchez, Ryan Townsend & Dameon Harriott
4	Tue & Thu 7:00 to 9:00 PM Nov 17 - Feb 25	High School Only	\$150	Niko Sanchez, Patrick Hisle & Dameon Harriott
5	Mon, Wed & Fri 5:45 to 7:00 AM Nov 16 - Feb 26	All Ages	\$120	Patrick Hisle & Dameon Harriott