

# Foundations of Strength Clinic With Hayes Parshyn



## Foundations of Strength Clinic

Fraser Valley Baseball Academy is very excited to announce a foundations of strength clinic with our UFV strength and conditioning coach, Hayes Parshyn!

Athletes will learn how to master high quality movement in a gradually loaded manner. On the field, this will lead to increased coordination, core control and sprint speed. Pitchers will see an increase in velocity and command; and batters will see increased bat speed and barrel control.

Most importantly, athletes will benefit from a reduction in injury risk as a result of building a foundation of strength!

## Details

**When:** Monday's (start date TBD)

**Where:** The Yard Baseball Facility

49517C Prairie Central Road,  
Chilliwack BC

**Time:** 5:00-6:00 PM

**Investment:** \$126/child- includes 4 sessions

**Eligibility:** Children ages 11+

**To Register:** [UFVbaseballacademy@gmail.com](mailto:UFVbaseballacademy@gmail.com)