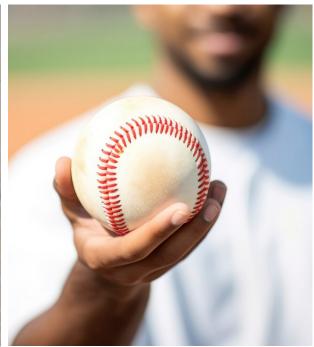
Foundations of Strength Clinic With Hayes Parshyn





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