

Lightning & Cherokee Trail Fall Program



2019

**August 19, 2019 –
October 11, 2019**

(Weather Permitting)

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2019 FALL OPTION

2 Days/Week Academy (8 weeks) **\$949**

- 2-3 hour workouts Monday and Thursday after school
- Fall jersey & hat
- Highly orchestrated workouts focused heavily on defense, team offense, execution, and more.
- Ex-Professional/collegiate coaches, with all coaches having played professional or college baseball
- Crossover Symmetry Bands and Hip Halo
- Low player/coach ratio
- Insurance
- Crossover Symmetry Arm-Care Testing & Evaluation (exact test MLB uses)
- 1/1 Post-Fall family (parents/player) meeting with Dave Tucker (owner of Lightning Baseball) to discuss our assessment of respective player if requested

ALA CARTE OPTIONS

- | | <u>FEE</u> |
|---|------------|
| 1. 8-Week Hitting group (1hr/1x per week) | \$200/300 |
| 2. Collegiate Camp (Aug 10 th & 11 th) with HD recruiting video and written evaluation | \$400 |

SKILLS DEVELOPMENT

We spend time on all aspects of the game, such as:

- Throwing (arm strength, mechanics)
- Base Running (leads, jumps, reads, stealing, angles, sliding)
- Defensive Position Specifics (mechanics, positioning, angles, communication)
- Offensive Specifics (mechanics, situational hitting, bunting)
- Mental Approach (both defensive & offensive)
- Pitching (all aspects such as mechanics, approach, various pitches and grips and defensive specific)
- Personal Growth (character, academics, responsibility, work ethic, coachability, leadership, ownership)



Individual work with coaches

ABOUT LIGHTNING

The key to our success, has always been our commitment to quality and our coaching staff. Our staff has ex-professional coaches, ex-collegiate coaches, and many others that had the same opportunity. Our staff is comprised of All-Americans, All-Region, All-Conference, All-Star players at the collegiate/professional level. Over 40% of our staff played professionally.

We are highly organized, to the point where many (5+) of our competitors have literally told us they cannot compete with our level of quality, what we teach and how we teach it. We plan every practice for what each individual player is doing for every minute, of every practice to ensure every player, regardless of talent, is getting the same reps and coaching that every other player is getting.

Our player/coach ratio, the past 12 years has been better than 5/1.

Lightning Baseball is committed to improving every year. We are always looking at new tools, ideas, drills, and more to help us be more efficient and effective. Some examples of what we use:

- Color coded bunting tarps
- Fungo-Man automated practice machines
- Neuro training strobe specs, training balls, Game-Sense pitch recognition
- Jugs/Atec machines
- Crossover Symmetry Arm Care Testing & Evaluation (same as used by MLB)
- In-Motion Playbooks (situational defensive responsibilities)
- Padded sliding mats – to practice sliding safely

Did You Know...

- Only 28% of all FR HS baseball players make it to the Varsity
- Less than 10% of all HS Sr's play any college baseball
- Less than 6% of all HS Sr's play any level NCAA baseball
- Only 1% of all HS Sr's play NCAA D1 baseball

Facts about Lightning Baseball...

- 100% of HS graduates from our full Lightning programs, that had the desire to play college baseball, have had that opportunity!
- 130+ student/athletes in the past 5 years alone have had that opportunity
- In the past couple years, Lightning alumni have been among the top players at the collegiate and/or professional levels, such as:
 - Minor League Player of the Year
 - MIAA Player of the Year
 - Region IX All-Region, All-District
 - NAIA College World Series Champs