



OUT-TRAIN. OUT-PERFORM... GAME ON.

St. Luke's Easton High School Baseball Program

**Prepared for Easton High School Baseball Athletes
By John Graham, MS, HFS, CSCS*D, RSCC*D, FNSCA**



St Luke's
Sports & Human
Performance

St. Luke's Fitness & Sports Performance Center
St. Luke's West End Medical Center
501 Cetronia Road
Allentown, PA 18104

My Health. My Hospital.



OUT-TRAIN. OUT-PERFORM... GAME ON.

Winter 2014

November 6, 2014 - February 25, 2015
St. Luke's Fitness & Sports
Performance Center

Monday & Wednesday

3:00 PM - 4:30 PM

Easton High School

Sports Performance Schedule

Monday - Thursday

Session 1: 3:30 PM - 5:00 PM

Session 2: 4:00 PM - 5:30 PM

Session 3: 4:30 PM - 6:00 PM

Session 4: 7:00 PM - 8:30 PM

Friday

Athlete Testing: 3:00 PM - 4:00 PM

Saturday

Athlete Testing: 9:00 AM - 10:30 AM

Session 5: 10:30 AM - 12:00 Noon

Trainina Orientation: 1:00 PM - 4:00 PM

Easton High School Baseball Parents & Athletes:

Thank you for your interest in the St Luke's University Health Network (SLUHN) Baseball Performance Program.

Included with this letter is a brief description of the program, program fees and registration & waiver forms for the program to be offered at:

Easton High School

2601 William Penn Highway

Easton, PA 18045

November 6, 2014 - February 25, 2015

Please, have your athletes complete the registration and waiver, participant readiness questionnaire and billing authorization forms.

Additionally, if I can provide brochures, make a presentation to the coaches and parents or provide any other additional assistance please feel free to contact us at 484-426-2540 or email us at Jacqueline.Bolig@sluhn.org or John.Graham@sluhn.org.



My Health. My Hospital.



OUT-TRAIN. OUT-PERFORM... GAME ON.

Winter 2014

November 6, 2014 - February 25, 2015
St. Luke's Fitness & Sports
Performance Center

Monday & Wednesday
3:00 PM - 4:30 PM
Easton High School

Sports Performance Schedule

Monday - Thursday

- Session 1: 3:30 PM - 5:00 PM**
- Session 2: 4:00 PM - 5:30 PM**
- Session 3: 4:30 PM - 6:00 PM**
- Session 4: 7:00 PM - 8:30 PM**

Friday

Athlete Testing: 3:00 PM - 4:00 PM

Saturday

- Athlete Testing: 9:00 AM - 10:30 AM**
- Session 5: 10:30 AM - 12:00 Noon**
- Training Orientation: 1:00 PM - 4:00 PM**

SLUHN Sports Performance Training For Baseball?

Baseball training programs often emphasize physical qualities needed to perform a baseball specific skill, such as throwing, hitting, fielding or running. SLUHN Sports Performance Training takes it to the next level by applying a functional approach to preparing baseball athletes for practice and competition through the development of appropriate power, agility, speed and strength. Additional attributes such as dynamic mobility, flexibility and baseball specific metabolic energy system development will be included in the SLUHN program. SLUHN Sports Performance Training also addresses that fact that baseball occurs in a frenzied and erratic environment, and prepares the athlete for these conditions.

SLUHN Sports Performance Training combines a skilled coach [College-Degreed, Certified Strength and Conditioning Specialist (CSCS)], using their knowledge base to provide a comprehensive analysis of the athlete's performance levels with training protocols that are especially designed to enhance an athlete's overall baseball athleticism and training the neuromuscular system to respond with greater speed and precision.

SLUHN Sports Performance Training can be a contributing factor in reducing the likelihood of injury through the development of dynamic flexibility and mobility, strength and stability, and the functional development of proper movement technique. SLUHN Sports Performance Training involves the use of scientifically proven training methods to enhance baseball performance by focusing on the following components:

Strength & Power: The maximal force that a muscle or muscle group can generate with velocity.

Agility: The ability to accelerate, decelerate and change direction quickly while maintaining good body control without decreasing speed.

Speed: The maximum rate of acceleration and movement velocity.

Metabolic development: Development of energy systems necessary to replenish energy requirements for optimal baseball performance.

Injury prevention: Prevention of acute and overuse injuries through the use of performance testing and baseball specific power, agility, plyometric and speed training.

Recuperation: Ability of an athlete to adapt to the physiological stress of training, resulting in enhanced baseball performance.



My Health. My Hospital.



OUT-TRAIN. OUT-PERFORM... GAME ON.

Winter 2014

November 6, 2014 - February 25, 2015
St. Luke's Fitness & Sports
Performance Center

Monday & Wednesday
3:00 PM - 4:30 PM
Easton High School

Sports Performance Schedule

Monday - Thursday

- Session 1: 3:30 PM - 5:00 PM**
- Session 2: 4:00 PM - 5:30 PM**
- Session 3: 4:30 PM - 6:00 PM**
- Session 4: 7:00 PM - 8:30 PM**

Friday

Athlete Testing: 3:00 PM - 4:00 PM

Saturday

- Athlete Testing: 9:00 AM - 10:30 AM**
- Session 5: 10:30 AM - 12:00 Noon**
- Training Orientation: 1:00 PM - 4:00 PM**

St. Luke's Performance Participant Readiness Questionnaire

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Has a doctor ever said that you have a heart condition? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you experience pain in your chest/heart during rest or activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Has a doctor ever said that your blood pressure is too high? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you ever become dizzy or lose consciousness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have any bone/joint pain that could be aggravated by exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you experience shortness of breath with mild exertion or have general difficulty breathing? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are you currently taking any medication? (If Yes, please list) | <input type="checkbox"/> | <input type="checkbox"/> |
| | _____ | |
| | _____ | |
| | _____ | |
| 8. Do you smoke, or have you quit in the last 6 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are you not accustomed to regular exercise (i.e. at least 30 minutes of exercise a minimum of 3 days per week for at least 3 months)? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered "yes" to one or more of the questions listed above, please have your physician complete the "Physician Referral and Clearance for Exercise" form and return it to the St Luke's University Health Network Sports Performance Program.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name: _____

Signature: _____ Date: _____

Signature of Parent/Guardian (if under 21 years of age): _____

St. Luke's Sports Performance Staff Signature: _____



My Health. My Hospital.



OUT-TRAIN. OUT-PERFORM... GAME ON.

Winter 2014

St. Luke's Easton High School Baseball Program

November 6, 2014 - February 25, 2015
St. Luke's Fitness & Sports
Performance Center

Program Dates:

**November 6, 2014 - February 25, 2015
Monday & Wednesday**

**Monday & Wednesday
3:00 PM - 4:30 PM
Easton High School**

Program Time:

3:00 pm - 4:30 pm (Monday & Wednesday)

Sports Performance Schedule

Program Location:

**Easton High School
2601 William Penn Highway
Easton, PA**

Monday - Thursday

- Session 1: 3:30 PM - 5:00 PM**
- Session 2: 4:00 PM - 5:30 PM**
- Session 3: 4:30 PM - 6:00 PM**
- Session 4: 7:00 PM - 8:30 PM**

Program Participants:

Easton High School Baseball Athletes

Friday

Athlete Testing: 3:00 PM - 4:00 PM

Price:

\$60/Month (Paid 1st of Month)

Saturday

- Athlete Testing: 9:00 AM - 10:30 AM**
- Session 5: 10:30 AM - 12:00 Noon**
- Training Orientation: 1:00 PM - 4:00 PM**

(Entitles participant to Monday & Wednesday Group Power, Speed and Agility Training Sessions and optional workouts based on Sports Performance Schedule; Dues may be paid through a credit card, check or cash of \$60/Month).

Note: Parents must be present for Sports Performance registration prior to first session attended. Athletes will have evidence-based Baseball Combine Performance Testing on the first and last session of program.

Questions/Contact: Jacqueline Bolig (484-426-2540) or Jacqueline.Bolig@sluhn.org



My Health. My Hospital.