

WARDOGS COMMITMENT



WARDOGS BASEBALL LEGION

JOSH **BOURBEAU**

RYKER **NEUMIER**

LIAM **PERO**

BRANDT **SPENCER**

PARKER **SPENCE**

BRENDEN **POLLARD**

COLTON **PARKER**

LOGAN **MCMILLAN**

ETHAN **WILDEMAN**

RYDER **FARRER**

ROGAN **RIVARD**

RILEY **FELAND**

"Don't dream of success. Work for it."

WARDOGS COMMITMENT

I [REDACTED] COMMIT TO MAKING THE WARDOGS PROGRAM MY #1 ATHLETIC PRIORITY. I AM PERMITTED/ENCOURAGED TO PLAY OTHER SPORTS AND PURSUE OTHER INTERESTS, PROVIDED THEY DO NOT CONFLICT WITH WARDOGS TRAINING.

THE WARDOGS PROGRAM WILL RUN FROM THE FIRST WEEK OF NOVEMBER TO THE THIRD WEEK OF APRIL AND RUN 3X/WEEK. IN-TOWN ATHLETES ARE REQUIRED TO ATTEND ALL 3 SESSIONS UNLESS OTHERWISE DISCUSSED WITH THE COACHING STAFF. OUT-OF-TOWN ATHLETES ARE ONLY REQUIRED TO ATTEND 2 OF 3 SESSIONS PER WEEK, BUT CAN ATTEND ALL 3.

THE TRAINING PROGRAM FOCUSES ON BUILDING EXPLOSIVENESS, EFFICIENCY, PROPRIOCEPTION AND DEVELOPS AN ATHLETIC SKILL SET THAT IS OPTIMAL FOR EACH ATHLETE. THE PROGRAM IS INTENSIVE, COMPREHENSIVE AND CHALLENGING WITH THE INTENT TO HELP ATHLETES DEVELOP THE NECESSARY TOOLS TO COPE WITH FAILURE AND ADVERSITY.

ASPECTS COVERED IN THE PROGRAM

- PITCHING DELIVERY/TROWING MOTION/ARM PATTERN FOR ALL POSITIONS
- ARM STRENGTH/ARM SPEED/ARM CARE/RECOVERY
- SWING MECHANICS/SWING DECISIONS/PITCH RECOGNITION
- HIP MOBILITY/AWARENESS
- FOOTWORK/FOOT SPEED/AGILITY/EFFICIENCY FOR INFIELD & OUTFIELD
- GLOVE WORK/PRESENTATION
- CORE STRENGTH/PLYOMETRICS/EXPLOSIVENESS
- REACTION TIME/READS/DECISION MAKING/INTUITION DEVELOPMENT
- INTERNAL/EXTERNAL FOCUS
- KINEMATIC SEQUENCING/PROXIMAL TO DISTAL SEQUENCING

[REDACTED]

ATHLETE SIGNATURE

[REDACTED]

DIRECTOR SIGNATURE