

**Winter Workouts**

**2020-2021**

Welcome to Wow Factor Baseball Winter Workout Program. Wow Factor baseball is one of the premiere training and development organizations in the country. Come join our staff this winter and take your game to the next level.

**Staff for Workouts**

**Evin Einhardt -Former Chicago White Sox’s Pitcher -**Pitching and Throwing Coach

**Xen Penny -Former College Hitting Coach -** Hitting Coach, OF Coach

**Terry Tatum -Former University of Arkansas Player**- Mental Coach, Hitting Coach, OF Coach

**Jordan Woflee Former Freed- Hardman Catcher-** Catching Coach, Hitting Coach

**Logan Carey** **Former University of Memphis Player-** OF Coach, Hitting Coach

**Chris Jakubauskas- Former Big League Pitcher** - Pitching Coach , Throwing Coach

**Jermeny Maddux- Former Tampa Bay Rays Player** - Hitting Coach, Fielding Coach

**Galvins Sims - Head Coach Whitehaven High School.**

**Benefits For Infielders**

1. Improve Fielding
2. Proper Footwork
3. Increase Throwing Speed
4. Proper Fielding Techniques
5. Learn Situational Fielding

**Benefits for Outfielders**

1. Improve Fielding Techniques
2. Better Jumps on Balls
3. Increase Throwing Velocity

**Benefits for Hitters**

1. Learn proper hitting Techniques
2. Learn situational hitting
3. Become a better bunter
4. Increase power
5. Become a consistent hitter

**Benefits for Pitchers**

1. Increase Throwing Velocity
2. Improve Pitching Machines
3. Increase Strike %
4. Decrease Injury Rate
5. Learn proper way to throw OFF- Speed pitches

**Benefits for Catchers**

1. Improve Pop Time
2. Blocking drills
3. Receiving drills
4. Learn proper catching techniques

**Location- The Yard in Arlington,TN**

**Dates & Times**

**December 5th,12,19th,**

**January 2nd,9th,16th,23th,30th**

Times

10am-8pm

Players will be grouped by Team / Age and design a time slot for workouts

**Cost $275** for the 8 weeks

**(Includes a Wow Factor Nike Dri- Fit Shirt)**

**Training Isn’t For Everyone, Neither Is Playing Time**

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