

## Winter Bridge to Season Throwing Camp

Albuquerque Baseball Academy is committed to providing the highest quality instruction. The Winter Bridge Session is for 8th grade players preparing for their Spring season. The goal is to introduce players to arm care concepts and also serve as preparation for future sessions next fall. See the following training highlights below:

OnBase University- (OnBaseU) is an organization dedicated to studying how the body moves in the sport of baseball and how to assess an athlete's physical ability to perform these movement patterns. Players will be screened for any physical limitations and obtain a deep understanding of how those limitations can affect their performance. It gives a common language for players, coaches, therapists, and strength and conditioning coaches to develop a structured plan to help each player maximize their efficiency and performance.

Motus Throw- Motus Throw is an IMU sensor that is placed inside an arm sleeve that when worn gives the coach and athlete information about the stress/workload being placed on the arm and counts each throw. With this information coaches, players and parents can gauge arm stress and develop safe workloads to help manage the athlete's training economy throughout the training program and beyond.

Driveline Traq- All data collected as well as progress monitoring will be done using the Driveline TRAQ software. This software allows the player to access all of their data, monitor progress, set and meet individual goals throughout the program.

Rapsodo- Rapsodo is an optical technology that is able to calculate spin rate, spin direction, spin efficiency and velocity on each pitch thrown. New this year is the Insight Camera which runs at over 740fps and allows the player to see in high definition how the baseball is coming off the fingers at release and how spin is imparted on the ball. This allows for more effective adjustments to maximize performance in the skill of pitching.

Pitch AI- Pitch AI is a marker-less motion capture tool using a cell phone camera that will help the player understand the kinematic sequence. It breaks down with alarming accuracy the joint angles, and angular velocities of specific body parts throughout the pitching delivery to help players learn how their body is moving in space and time and how to become more efficient in their pitching mechanics.

Bobby Bunch and Tim Campos will guide each athlete through all phases of training. Each player will learn a head to toe baseball specific warm up, a dynamic arm band protocol to build strength to the right muscles for throwing, drills and throwing progressions to help improve throwing mechanics, efficiency and proper recovery methods to keep your arm healthy and prepared for every throwing event.

Training Schedule - Monday – Thursday from 6pm to 8pm. 13 Weeks, 52 Sessions, November 9th to February 26th

Cost \$799 15/per session Motus Sensor & Dash Subscription \$150

Please Contact Bobby Bunch at 505-321-6681 for more information