

Starz of Tomorrow Off-Season/Spring Training Camp

Off-Season Training & Dynamic Workouts to get you ready for your upcoming Spring Season!

* Daily Dynamic Body Mobility & Plyometric Warm-Ups
  + Foam-Roll Activation
  + Youth J-Band Series Arm Care
  + Youth Introduction to Driveline Baseball Plyocare Ball Drills
    - Reverse Throws
    - Pivot Pick-Offs
    - Roll-In Throw
    - Rocker Throw
* Personalized Throwing Programs with Workouts for duration of camp
  + Youth Introduction to Driveline Baseball Arm-Care Recovery
* Rudimentary Entry-Level Weight Room Workouts and Static Stretching with Coach Gaines and SCSU Baseball S&C Coach, Nate Welty
  + Banded Stretch Routine
  + Pool Workouts
  + Speed and Agility Drills