

SAVAGE SUMMER TRAINING PROGRAM

WHAT MAKES THE RANCH DIFFERENT?



1 Our Physical Therapy Background

We are physical therapists first. That separates us from the typical baseball training facility in a few different ways.

We truly understand the anatomy, kinesiology, and physiology of the human body and the dynamics and effects of high level throwing. This knowledge allows us to help you add velocity and command in the safest manner possible. Many of our students come to us with arm pain that ranges in intensity from annoying to completely debilitating. We literally wrote the book on managing arm pain. Our CEO, Randy Sullivan recently published his 6th book on throwing called **Start With The Pain: The Complete Guide To Managing Arm Pain In The Elite Throwing Athlete.**



Has your pitching coach ever dissected a human cadaver? Ours has.

2 Hyper-individualization of Training Protocols

If you want to achieve optimal, safe development of you arm, you cannot be in a one-size-fits all program. There are lots of programs out there that claim to be able to add velocity quickly. A quick search on the internet will reveal them and will also illuminate their biggest weakness – everyone does the same thing. "Download our free weighted ball e-book and get an 8 week plan for increasing your velocity!" Here's a word of advice for you... If you ever find a training program in which every athlete does the same thing... RUN!!!! The trouble with one-size-fits-all programs is that you tend to get bell curve results. For 20% of the participants, the teacher gets lucky and the program fits them perfectly. These athletes "take off" and the facility lauds them as heroes. They flash them on social media as evidence of the amazing effectiveness of their training programs...



3 Objective measurement and data based approach to creating and adjusting your training plan.

This summer we'll be teaming up with Newt Force and Rapsodo to collect and analyze data on everything from your mass gains, to your weight training progressions, your arm health, your daily/ weekly volume of throws to your command and velocity improvements over time. We'll use that information to modulate your training plan throughout the summer and ensure you achieve the gains you are seeking. We will have a full-time staff members dedicated to gathering information and preparing the necessary reports to allow our staff to effectively guide you through your journey.



4 World Class Mindset and Relentless Pursuit of Excellence In Every Aspect Of Our Program for Every Player

We start off every morning of our summer program with one of 50 mindset presentations prepared and delivered by our CEO, Randy Sullivan. It is a part of our culture and serves as both a wake up stimulant and a constant source of motivation, inspiration and perseverance for our athletes.



Our core belief is that every player (regardless of age, experience, or skill level) is the most important person someone's life – their pride and joy. Our mission is to meet every player exactly where he is, every minute of every day and to lead him, guide him, and inspire him to find to the best version of himself that he can be.

We earnestly believe that any person can turn themselves into anything they want to be. God doesn't make junk, and human tissue doesn't have free will. If we get the training plan right, the athlete's body must respond.

We get it right a lot.

Where will you stay?

We have several extended stay hotel options available at special FBR discounted rates. Check out the footer on our website at floridabaseballranch.com for more information

What about transportation?

You're kind of on you own there. However, many of our students have their own cars here and are more than willing to share rides in exchange for a little gas money. Many of our instructors and students moonlight as Uber and Lyft drivers, so there's always that option as well.

And Food?

Unfortunately, food is not covered in your tuition. There are several online grocery delivery services available if you can't get to the store, or you just like the convenience of full service shipping assistance. Nutrition and hydration will be an important part of your success as an athlete.



866 787 4533

FloridaBaseballRanch.com

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OUR FBR SUMMER TRAINING PROGRAM IS EXACTLY WHAT YOU NEED.



Here's what you can expect to gain by attending:



A bump in your fastball velocity of 3-5 mph...



Improvement in command of the extension side fastball and off speed offerings to a rate of 10-15%...



A thorough understanding of your own spin rate and how to employ it to attack hitters...



Total elimination of arm pain and significantly improved recovery...

You'll report to school in the fall in the best shape of your life. Your arm will be prepared and conditioned like it has never been before.

If you are a 2-way player, you can choose to add on our SAVAGE Power Hitter Training between 3 and 4:30 pm each day.

We'll also be setting up live at bats where college and elite level high school hitters in a competitive environment.



You can sign up for anywhere from **2 weeks to 10 weeks** of this world class, game changing training.

On your first day, we will conduct **a 360 degree, multi-faceted** assessment that will serve as the template for your hyper-individualized, multi-dimensional training plan.

The assessments will include:

- A full head-to-toe physical assessment by a licensed physical therapist specializing in throwing athletes
- A high-speed video analysis of your throwing pattern
- A pain assessment
- A recovery audit
- A performance audit
- A Track Man ball movement assessment
- A baseline velocity reading
- A strength and movement evaluation by a Certified Strength and Conditioning Specialist (CSCS)

5 Days/Week, 4 Hours Per Day of Intense, Highly Effective Pitcher and Hitter Training

Program Includes:

- Mindset Segment
- Dynamic Warmup
- Customized Throwing Plan
- Power Building Workout
- Arm Care Segment
- Mobility Training
- Individualized Recovery Protocols
- SAVAGE Power Building Workout
- SAVAGE Strengthening Workout
- Hardcore Broga (Yoga for Dudes)



Power Hitting Add-On

1.5 hour hitting including live at bats

Call Amy - 866-787-4533

You'll train **5 days per week** (Monday through Friday), and on the weekends you'll be free to enjoy any of the fun, entertaining activities Florida has to offer. Golf, a Rays game, multiple theme park options, fishing, snorkeling, water skiing, and many other recreational activities will be yours for the taking.



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Facts



Somewhere around **90%** of the college pitchers I talk to say they would love to be drafted and get the opportunity to play professionally.



According to statistics provided by the NCAA, **11** of every **100** collegiate players (about 10.5%) will be drafted by a MLB organization...



The remaining **89.5%** of all collegiate pitchers don't get drafted and if they're honest with themselves...

They know EXACTLY what they need to do:

- They need to throw 3-5 mph harder or...
- They need to improve their command/strike percentage by 10-15% or...
- They need better shape, speed, spin, and command of their off-speed pitches or secondary stuff or...
- They need to be healthier and more durable... or
- They need a combination of all of the above.

Yet 90% of all college pitchers will spend their summer playing in one of the many Collegiate Leagues that have become so popular.



- ▶ They'll move in with a host family in some small one horse town in America and...

They'll spend about 7 hours per day at the ballpark. If they're starters, they'll throw 5-7 innings every five days, and spend the rest of their time fishing, playing video games, and eating at Dairy Queen 3 nights per week. If they're relievers they may not ever know when they're going to pitch, so there certainly won't be much time for training.



- ▶ The summer will trudge along at a snail's pace and when they report back to school...
- ▶ They'll be exactly the same as they were when the season ended.

It's sad really. So many young collegiate pitchers get misled, duped into wasting their summers... playing for some non-descript team... in some no-name league in some middle-of-nowhere town. They seek exposure, and what they get is bupkus – 2 months of lost opportunity....

If you need to improve your ability, games won't get it done.

**You know what you need to do...
OUR FBR SUMMER TRAINING PROGRAM
IS EXACTLY WHAT YOU NEED**

!
It's a colossal squandering of valuable training time, and it's why nearly 90% of collegiate pitchers
**GO
UNDRAFTED.**



PERFORMANCE TRAINING FOR
COLLEGE ATHELETES




SAVAGE SUMMER TRAINING PROGRAM



PLEASE CALL US

If you have any questions about the Florida Baseball Ranch
or Our Complete Summer Training Program



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 FloridaBaseballRanch.com/summer



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