



Flames Sports is proud to continue our partnership with **Friction Grand Rapids** to provide our members with the opportunity to enhance their sports performance training. Friction Grand Rapids provides athletes of all levels with the training, knowledge, and support they need to gain strength, enhance mobility, prevent injury, and reach their athletic potential. Friction's coaches are trained, educated, and certified to lead sports training. They know how to keep you safe while helping you reach your potential in your sport. Friction Grand Rapids' programming focuses on injury prevention, helps athletes develop proper technique and reduce the risk of injuries, ensuring long-term athletic success.

We are pleased to offer our members an 8-week baseball and softball speed and agility program designed through our partnership with Friction Grand Rapids and their Parisi Speed School program. Each participating athlete will receive and participate in the following:

- **Baseline Testing/Progress Evaluation:** The first step in the direction of future athletic success.
 - Assess your athlete's current level of ability
 - Determine which types of sessions and program is best for your athlete
 - Monitor progress in the program
 - Create the future training strategy for your athlete
- **Linear Speed:** Develop your athlete's ability to accelerate to maximal speed in the shortest distance or time possible
- **Multidirectional Speed:** Develop your athlete's ability to accelerate, decelerate, change direction in any direction without losing control or speed
- **Rotational Power:** Develop your athlete's ability to generate force from the lower body and transfer force safely and efficiently into the upper body from higher exit velocity and bat speed to throw faster and hit further
- **Strength for Speed:** Provides a sports specific protocol for your athlete to develop the ability to generate force and transfer it to rate of force development for increased speed of movement

PROGRAM OPTION #1 – Large Group Sessions

The speed and agility program will be 8 total large group sessions and be held on Saturday mornings at the Flames facility or Friction Grand Rapids. The program will include training sessions in each discipline listed above, Linear Speed, Multi Directional Speed, Strength For Speed, and Rotational Power. Each session will be one hour long. Group size per session would have a maximum of 30 athletes.

Here are the scheduled dates for our Winter session:

Saturday January 17 – Baseline Testing (8:30 AM / 9:45 AM)

Saturday January 24 – Training Session (8:30 AM / 9:45 AM)

Saturday January 31 – Training Session (8:30 AM / 9:45 AM)

Saturday February 7 - Training Session (8:30 AM / 9:45 AM)

Saturday February 14 - Training Session (8:30 AM / 9:45 AM)

Saturday February 21 - Training Session (8:30 AM / 9:45 AM)

Saturday February 28 – Training Session (8:30 AM / 9:45 AM)

Saturday March 7 - Progress Evaluation (8:30 AM / 9:45 AM)

Athletes would be assigned to one of the time slots listed above on the given dates.

Cost per Participant is \$80.00. Covers all costs associated with the 8-week program.

We will need a minimum of (15) players to guarantee the pricing and the program run.

Individual make up sessions are not available unless session canceled by Friction Grand Rapids or Flames.

The logo for the Flames organization, featuring the word "FLAMES" in a stylized, italicized, orange-red font with a blue outline. Above the text is a large, abstract graphic of a flame or a stylized letter 'F' in blue and orange-red.

PROGRAM OPTION #2 – Small Group / Team Sessions

The speed and agility program will be 8 total training sessions held once a week at Friction Grand Rapids facility. The program will include training sessions in each discipline listed above, Linear Speed, Multi Directional Speed, Strength For Speed, and Rotational Power. Each session will be one hour long. Group size per session would have a maximum of 12 athletes.

Here are the scheduled dates for our Fall session:

(Times & Dates TBD Based On Friction Grand Rapids Availability)

Example:

Week Of January 17 – Baseline Testing
Week Of January 24 – Training Session
Week Of January 31 – Training Session
Week Of February 7 – Training Session
Week Of February 14 - Training Session
Week Of February 21 - Training Session
Week Of February 28 - Training Session
Week Of March 7 – Progress Evaluation

TBD based on overall participation and Friction availability.

Athletes would be grouped as needed based on participation sign up. **Cost per Participant is \$80.00.** Covers all costs associated with the 8-week program. We will need a minimum of (11) players to guarantee the pricing and the program will run. Individual make up sessions are not available unless session canceled by Friction Grand Rapids or Flames.

PROGRAM OPTION #3 – Large Group & Small Group Sessions

The speed and agility program would combine Program Option #1 and Program Option #2. This would be a great way to intensify your speed and agility development. The program will include training sessions in each discipline listed above, Linear Speed, Multi Directional Speed, Strength For Speed, and Rotational Power. Each session will be one hour long. Group size per session would have a maximum of 12 athletes for the small group and 30 athletes in the large group session.

Winter small group sessions begin the week of January 17 and run through March 7. Specific dates and times TBD based on overall participation and Friction availability.

Winter large group sessions would follow the schedule shown in Program Option #1.

Athletes would be grouped as needed based on participation sign up. **Cost per Participant is \$130.00.** Covers all costs associated with both programs.

