



N.M.B.A Off-Season Baseball Arm Care & Strength Training Program

Dominate next season with Prime's Off-Season Baseball Arm Care & Strength Training Program!

This off-season is your chance to build the strength and resilience needed to excel on the field when it matters most. Prime's Off-Season Baseball Arm Care & Strength Training Program is designed to help you develop the power, mobility, and durability required for prime performance next season.

Our program focuses on two key areas:

Arm Care:

Protect your most valuable asset with a customized arm care plan that emphasizes injury prevention, joint mobility, and shoulder stability. With targeted exercises and proven recovery techniques, you'll build a healthy, strong arm that's ready for the demands of the season.

Our arm care program has been collaboratively created in-house with joint effort and knowledge from Prime's sport physicians, sport physiotherapists, Kinesiologists, and Strength & Conditioning Specialists. This program has years of proven results from the top baseball players on the island.

Strength Training:

Build full-body power, increase endurance, and improve your explosiveness with our baseball-specific strength training. Our professional Kinesiologists will guide you through a progressive plan that enhances your core, legs, and upper body strength—key areas for a more powerful swing, faster sprint speed, and greater throwing velocity.

Whether you're a pitcher looking to keep your arm in top shape or a position player aiming to gain strength and agility, our off-season program is your ultimate tool for success.

Train smarter, recover better, and come back stronger than ever. Don't just maintain—get ahead of the competition this off-season!

DATES:

Nov 12 - Dec 20 (6 weeks)

13U (2014/2013/2012)

Tues: 3:30-4:30pm

Fri: 4:30-5:30pm

15 athletes max per group

15U (2011/2010/2009)

Wed: 3:30-4:30pm

Fri: 3:30-4:30pm

15 athletes max per group

Total cost for players (for full 6 week block):

1x/wk: \$155

2x/wk: \$300

We are also going to offer a FREE Saturday session for any NMBA player, with a max of 15 athletes per age group. Please keep in mind athletes MUST register for these sessions - no drop ins please (see registration below)

These free sessions are going to be :

1. Saturday Nov 16: 11:30-12:30pm

2. Saturday Nov 30: 11:30-12:30

Registration form can be found here: <https://forms.gle/aMVetEhTdKvbJkzi7>

Please keep in mind that our Free Saturday sessions will be capped at 30 athletes.

Please feel free to email: admin@primeperformance.ca with any questions.

Location: Prime' Performance & Therapy: Suit 4- 1970 Island Diesel Way

Thank-you