

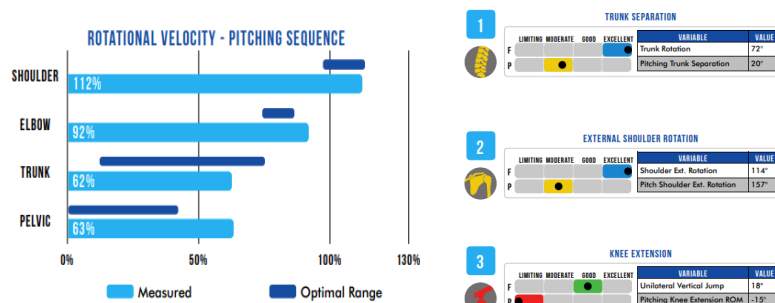


Massapequa Baseball Winter Package

At TSI, we are offering the most comprehensive baseball testing in the USA. Our testing covers all areas of baseball performance and leaves no stone unturned when it comes to injury prevention. The goal of our testing is to help you increase your throwing velocity while minimizing risk of injury.

BioPitch Analysis: \$50 per Scan. *Normally a \$300 Test*

- This is a 3D motional analysis of your throwing mechanics to better understand the biggest deficits that limit your ability to throw harder and more efficiently.
- Use the results and data from the throwing analysis to better individualize your workouts and arm care!
- The data can help to identify major movements inefficiencies that can lead to injury.
- Upon the completion of this test, you will be provided with a comprehensive analysis of your functional capacity and throwing biomechanics.



Team Training: \$100 for 14 Sessions. *Normally a \$500 Package*

- Train with the people you will play with this spring, not only to push yourselves, but to push each other to be better and ready to go for spring baseball.
- Train Baseball specific movements to get bigger, faster, and stronger.
- Improve functional mobility and overall strength to better transfer energy you create into hitting and throwing!

"Throw Harder and Stay Healthy"

When: TBD

Location: (TSI) 5700 Merrick Road Massapequa, NY 11758