



CB East Baseball Off Season Training

(updated 1/3)

We are thrilled to announce that we are partnering with Dr. Josh Heenan and [Advanced Therapy Performance](#) to program our off-season lifts. Based on the results of a movement screen and lift outcomes players will be provided individualized corrective warm-ups based on movement needs and an individualized lifting program based on strength needs. These lifts will have a 3 or 4 day a week programming and change every month.

OFF SEASON LIFTING SCHEDULE:

Tuesdays: 2:45pm – 4:00pm

Fridays: 2:45pm – 4:00pm

Saturday: 9:00am – 10:30am

All workouts in the CB East Weight Room. All athletes in grades 9 – 12 are welcome to attend. No experience required.

TEAM STRETCHING and FLEXIBILITY [with Naime Jezeny](#)

We are continuing our partnership with Dig Yoga for our off season stretching and flexibility work.

Wednesdays 3:00 – 4:00 CB East Library (starting January 4th)

All lifting and stretching sessions are open to any interested baseball player grades 9 - 12 free of charge.

If you currently have a lifting plan, you are welcome to execute your plan with us. If you do not have a plan, we will work with you to develop a plan that will benefit you.

OFF SITE BASEBALL TRAINING SCHEDULE:

Thursday 3:00pm – 5:00pm at Intensity Sports Training

3633 Old Easton Rd, Doylestown, PA 18902

With the addition of a 3rd lifting day this off season, our off-season winter workouts will be one day a week on **Thursdays at Intensity in Doylestown from 3pm - 5pm**. *If you are interested, please continue reading. If you are unavailable or not interested, you can disregard the remaining part of this letter.*

These optional workouts are for any player that does not have a current way to prepare for the upcoming season. If you are working out with your private instructor, or summer club that is perfectly fine. My goal is to offer an opportunity to players without access to instruction in the off season or that are looking for additional work.

These workouts will primarily focus on arm care and hitting but will also implement other baseball movements like baserunning and defensive work.

THERE WILL BE A COST ASSOCIATED WITH THIS WORKOUTS. These costs will cover the rental of the facility and will be evenly split amongst those interested. Registration details are coming in the first week of January.