



# COMPLETE TRAINING AND PREPARATION FOR THE MODERN BALL PLAYER



MORE DATA...BETTER TRAINING...IMPROVED PERFORMANCE

HitTrax™ is the first and only baseball/softball simulator. It is an innovative, powerful combination of analytics and entertainment that has never before been available to indoor facilities.

### ANALYTICS

- IDENTIFY STRENGTHS AND WEAKNESS IN SWING
- MEASURE KEY METRICS BALL EXIT VELOCITY, DISTANCE, STRIKE ZONE ANALYSIS, SPRAY CHARTS, LINE DRIVE %, PERFORMANCE TRENDS
- VIDEO RECORD SWING FOR INSTANT VISUAL FEEDBACK
- CAUSE AND EFFECT SWING ANALYSIS - GAME CHANGER

### ENTERTAINMENT

- SIMULATED GAMES
- HIT AT YOUR FAVORITE MAJOR LEAGUE STADIUM
- HITTING LEAGUES
- LONG BALL CONTESTS
- MONTHLY QUALITY HIT GAME PRIZES

### BASELINE ASSESSMENT REPORT

- BAR PROVIDES PLAYER/COACH BENCHMARK TO BUILD/PLAN TO GUIDE OFFSEASON
- NATIONAL/REGIONAL RANKINGS
- ALLOWS FOR CHECK UPS TO NOTE PROGRESS/IMPROVEMENT USING OBJECTIVE DATA

### LEAGUES

- BASEBALL/SOFTBALL IN WINTER
- PLAY 4 ON 4
- DIFFERENT AGE BRACKETS
- STATS, STANDING, PLAYOFFS
- ONE DAY/WEEKEND TOURNEYS

### OBJECTIVE

- TO INDIVIDUALLY **ASSESS** BASEBALL AND SOFTBALL PLAYERS
- TO IDENTIFY **WEAKNESSES** AND **ASYMMETRIES** CAUSED BY REPETITION AND OVERUSE
- TO **EDUCATE** ATHLETES ON PROPER CARE FOR THEIR BODIES ON/OFF THE FIELD
- TO PROVIDE BASEBALL/SOFTBALL **SPECIFIC** TRAINING

### BASEBALL/SOFTBALL

#### SPECIFIC TRAINING IMPROVES...

- STRENGTH, VELOCITY, SPEED
- FIRST STEP & HAND QUICKNESS
- EXPLOSIVE POWER, BALANCE
- STABILITY, MOBILITY, FLEXIBILITY

#### AND CAN PREVENT...

- INJURY
- DECLINE IN PERFORMANCE DURING SEASON

Other services coming soon



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Fall Hours

Mon thru Fri 4-9

Sat Sun 9-1

\*please call to schedule