Scarborough Stingers Elite Performance Program

Program Overview

The Scarborough Elite Performance Program offers Stingers players a comprehensive Elite-level training program that combines modern video and data analysis with experienced coaches, creating a holistic approach to off-season training. Incorporating trusted training techniques and the latest technology, our fully certified coaches place an emphasis on skill development and player health, leading to noticeable improvements for our players. With the Scarborough Elite Performance Program, players will receive the following:

Full Diagnostic Assessments (Clinical, Video, Strength and Conditioning)

Baseball Development Group (BDG) Pitching Program

Baseball Development Group Strength and Conditioning Program

Full Diagnostic Assessments

- *Dr. Ryan Faubert:* A Doctor of Chiropractic and Certified Strength and Conditioning Specialist, Dr. Faubert will conduct a range-of-motion and movement assessment to identify areas of instability, weakness or compensation. This will help our coaches and instructors address individuals areas of concern to maximize results.

- *Rapsodo, HitTrax, and Blast Reports*: Rapsodo, HitTrax, and the Blast Motion Sensor are three of the most prevalent player development technologies being used throughout baseball today. By using this technology to create a baseline player report, we can actively track a player's positive progression over time, using measurable data points that are easy for players to follow.

- *Video Analysis:* Consistent video analysis allows our coaches and instructors to highlight, address and relay any mechanical changes required, as well as demonstrate to the player the things that they are doing well.

Baseball Development Group Pitching Program

The BDG Pitching Program features individualized programs, hands-on instruction with their professionally trained staff, and instant feedback with training updates and workload monitoring using front-of-the-line technology and data systems.

Baseball Development Group Strength and Conditioning Program

Programmed and run by Dr. Faubert, each athlete will receive an individualized strength and conditioning program (based on their assessments), and access to our 1100 square foot weight room up to four times a week. Lifts, workouts and physical training will be conducted by a team of certified strength coaches, with a focus on developing correct movement patterns, coordination, explosiveness and ultimately, on-field performance.

Off-season Development Map

Assessment Phase: At the start of the off-season there will be a comprehensive skills and strength and conditioning assessment; this will highlight any underlying issues, both mechanically and physically. This phase will also introduce the athlete to our healthy movement patterns , recovery techniques, and the importance of a comprehensive warm-up

Push Phase: This phase focuses on making tangible positive changes to a player's body. As players should be sufficiently prepared and healthy from the prior phase, the Push phase focuses on maximizing metrics, both on the field and in the weight room.

Blend Phase: As players continue to develop strength and mobility, their movement patterns need to be refocused to integrate the physical and skills gains. This training block will act as a mini remap of their mechanics, as they move better and more explosively.

Perform Phase: During the perform phase, players shift their focus from training to competing. Our goal with this phase is to make sure players are ready to compete on-field, by incorporating competition based drills, and in-game scenarios such as live at-bats.

Coaches and Instructors

All our coaches have extensive experience coaching and training high-performance athletes. The Stingers pride themselves in finding coaches and instructors who not only have the technical and baseball knowledge, but also ones who foster a positive environment that leads to player growth. Each session will be run by a lead instructor, with several other coaches assisting, allowing for individual attention and maximizing repetitions and skill development.

Strength and Conditioning Coordinator: Dr. Ryan Faubert

Pitching Coordinator: Mateos Kekatos

Hitting Coordinator and Catching Coordinator: Patrick Orr

Infield and Outfield Defensive Coordinator: Frank Salerno

Program Schedule

Running from November to the end of April, each week will consist of group sessions Monday through Thursday, from 5pm to 10pm. There will be overlap of groups as a position or pitching group will always be utilizing the gym, while other athletes are using the cages and open area.

The BDG pitching program is 2 hours total, starting with 1 hour of active mechanical pitching drills and work, followed by an hour in the gym with the customized BDG weight lifting/training plan. An athlete can participate in up to three pitching sessions per week.

For all position group work, their training sessions will be 3 hours total. These practices will consist of 1 hour of defensive work, 1 hour of hitting, and ending with an hour in the gym with their own customized weight lifting/training plans. Each position group (infielders, outfielder and catchers) will have different number of sessions available throughout the week depending on the number of athletes in each group.