

**Absolute Human Performance**

**INDIVIDUALIZED SKILL DEVELOPMENT**

We take a long-term development approach to each athlete. This means their training is tailored to their specific needs and goals. The best way to describe our philosophy and model is they are going to receive 1-on-1 coaching in a group environment. We believe strongly in prioritizing the development of the skills that actually translate to being better on the field: throwing the ball harder, swinging the bat faster, and running faster. Improving these three qualities, coupled with an **equal emphasis** on the fundamental skills of hitting, fielding, and throwing will allow each player to actually improve in a tangible, quantifiable way that will be apparent the next time they step on the field.

**KEEPING IT FUN**

As Crash Davis said, “this game is fun, ok.” We want to make the development process as fun as possible. We love baseball and are passionate about instilling a deep love of the game in the next generation of athletes. We endeavour to do this by including lots of games in training that drive both skill development and competition.

**PROPER WARM-UP & RECOVERY**

A big component of the program will be creating good habits when it comes to warming up and recovery. AHP is a leading athletic performance centre in the region, and the same training principles we adhere to with all our high-level athletes will be implemented into the Futures Academy.

