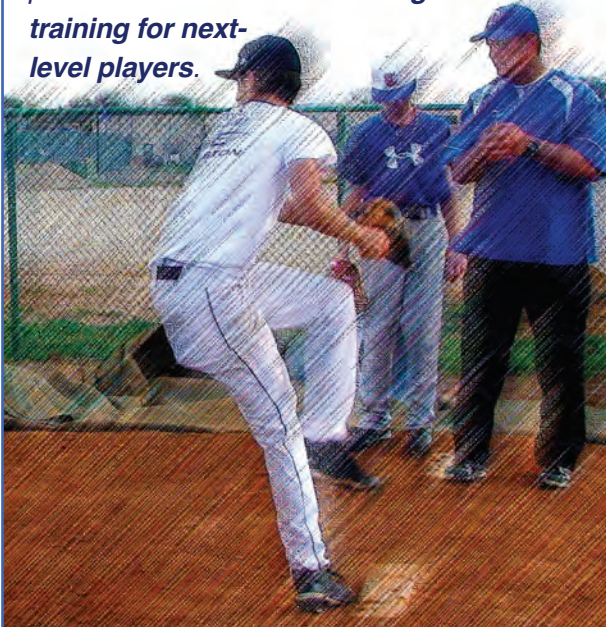


Collegiate Prep

Minimum Standards for Success

How do collegiate recruiters grade players in the "five tools?" Why is "potential" a moving target? How do they rank arm strength, speed and power? The questions seem endless for players (and parents) hoping to play beyond high school, and high-level coaches aren't revealing their criteria for "making the grade." It's not so much a secret as it is subjective, and to turn heads you have to be properly prepared.

Now there's a one-of-a-kind program geared specifically to helping you learn what's required, and how to exceed those standards in your game. The Complete Athlete Collegiate Prep program comprises six weeks of learning our preparation and training for reaching your genetic potential, and then taking that knowledge and conditioning to the field for intensive drills and performance scenarios. It's a **higher level of training for next-level players.**



The Complete Athlete Guarantee

As with all Complete Athlete programs, the Complete Athlete faculty will not leave until all your questions are answered or addressed. Each participant has our unconditional money-back guarantee that if each event isn't worth the full price and more, we will refund your full fee no questions asked.



The Complete Athlete has received the endorsement of Dr. James Andrews, and conducts Coaches Certifications several times yearly around the U.S.

About The Complete Athlete

The Complete Athlete was created to make sure that each athlete has access to the best research



"Donnie is a great pitching coach and a great leader. I know from personal experience that any young pitcher that is focused on being their best will benefit from working with Donnie." - Nolan Ryan

available and that we share our instruction in suitable formats as often as possible. In light of the near-epidemic levels of throwing-related injuries and surgeries sidelining young athletes, and ending otherwise

promising careers, it is our mission to end the injury-repair-injury cycle. We believe our training is the clear difference between prepared and repaired, and we encourage you to participate today to reach your maximum potential.



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LEARN MORE OR REGISTER ONLINE @
www.complete-athlete.com

Interested in becoming a certified Complete Athlete instructor? Contact us by phone or email!

Collegiate Prep

MINIMUM STANDARDS FOR SUCCESS

New from the Complete Athlete, a six-week baseball training program that addresses all the skills and performance standards athletes need to compete at a championship level as a collegiate prospect.

The Collegiate Prep Format

Nutrition

The Complete Athlete staff will provide information on nutrition guidelines for athletes in order to best help you prepare, compete, repair, and recover physically. We will discuss food combining, food rotating, supplementation and enhancement. Each athlete will be given the opportunity to have a nutritional assessment and find out how their body is absorbing the nutrients it is given.

Functional Strength & Fitness

Believe it or not, traditional strength conditioning is actually making baseball players weaker, and setting them up for injury and failure. Physical conditioning for our sport requires a science-based "Feet to Fingertips" functional strength and fitness program. We help you achieve the highest degree of biomechanical efficiency during competition.

Due to the genetic imbalances between a thrower's accelerators and decelerators, and the fact that players seldom break down in a prime mover (large muscle) group, *it can easily be said that these athletes are only as strong as their weakest link.*



Mental/Emotional

More and more, baseball players are being subjected to unhealthy competitive environments, making mental conditioning as critical as physical conditioning for success. We address common issues, communication skills and the stress induced in game situations to provide high-level mental/emotional development.

Biomechanics

Biomechanics are defined as: "The laws of physics applied to the human body." You will learn about the biomechanical events that take place during a delivery. Overhand and underhand, you will have an understanding of the total amount of time required to initiate the movements involved in throwing and pitching from the body's first movement through the release point.

THE FOUR KEY COMPONENTS OF COMPLETE ATHLETE TRAINING CREATE A FOUNDATION, MUCH LIKE THE LEGS OF A TABLE. EACH LEG MUST BE STABLE FOR THE ENTIRE STRUCTURE TO BE SOUND.

What Is Covered During The Collegiate Prep Sessions?

All participants in the Complete Athlete Collegiate Prep receive a detailed review of the four performance absolutes model:

1. **Biomechanics of Pitching/Throwing**
2. **Functional strength and Conditioning**
3. **Mental and Emotional Competence**
4. **Nutritional requirements and Performance Recovery Protocols**

In addition to the symposium classroom setting that kicks off the program, each athlete participates in:

- **Multiple on-field throwing sessions that include Complete Athlete certified drills and individual bullpen work**
- **Individual assessment of each participants pitching/throwing mechanics and current functional strength**
- **An improvement plan that identifies development priorities with appropriate supporting strength and conditioning exercises, as well as throwing drills**
- **Offense-intensive training including hitting training & evaluation, plus on-base instruction, training and speed testing.**
- **Defensive assessment, position training and throwing/fielding**
- **Pitching assessment & training, bullpen management & Prep-U starter/reliever weekly regimen instruction**



CA's Dynamic Warm-Up cuts by 1/2 the number of throws needed to perform, reducing wear and tear on vital muscles and tendons. It's one of several proprietary methods our athletes learn from day one.



How do you grade out defensively? Collegiate Prep trains you how to set and achieve higher standards all around the diamond



The CA Staff guides players through ongoing weight room sessions explaining proper lifting for throwing health and strength.

The one-of-a-kind Collegiate Prep isn't a one-shot deal designed to provide some playing time and a push. Climbing the pyramid to the highest levels of this sport *takes a lot more than heaping a bunch of lessons on top of a hefty select season.* That isn't the route to achievement. If you want collegiate-level training, testing and performance, CA will get your head and body ready to bring your best in reaching your playing (and playing level) goals.

Please browse our online section for Collegiate Prep scheduling and pricing after March 20, and reserve your spot. We limit the number of players in each session to deliver maximum impact. If it is your time to convert potential into performance, register today for this game-changing experience.

Collegiate Prep Dates & Sessions

June 06-09 9 A-12P	CA Symposium Classroom, Strength Training & On-Field Testing Sessions and Drills Review*	TCA Addison, Texas
June 13-16 9 A-12P	Position-specific Advanced Defensive Drills & Testing; Speed & Agility Training & Testing; Pitcher's Prep Rotation Training; Offensive Drills, Training & Assessment.	TCA Addison, Texas
June 27-30 9 A-12P	WEEK 3 PROGRESSION	TCA Addison, Texas
July 11-14 9 A-12P	WEEK 4 PROGRESSION	TCA Addison, Texas
July 18-21 9 A-12P	WEEK 5 PROGRESSION	TCA Addison, Texas
Aug 01-04 9 A-12P	Final Training & Testing	TCA Addison, Texas

* indicates a required session. Camp may be booked for 3 or 6 session terms. See us online.

talents in camps, individual evaluations and tryouts.