

WHY BIGTIME?

We have used BigTime for the last 5 years for our team and for individual training. BigTime has done a lot to help us get where we are today. Great place to develop athletic ability as well as baseball skills....**Bob Bote Head Baseball Coach Niwot High School**

My son has been on a BigTime program for the past 2 years and the results are very noticeable. His development as a pitcher and a hitter has jumped to a whole other level! I also use BigTime for my softball team and I recommend this program to any one that is serious about softball or baseball....**Pete Kruse CSBA**

Baseball and football rely a lot on speed and quickness!. I have worked with BigTime for the past three years on speed and strength training. BigTime has a great facility and a great atmosphere to become the best you can be! ...**Jordan Dame All-State SS Niwot Baseball 2004**

Jade has been with BigTime for over 3 years . Her increase in speed has been incredible. The power she hits with now is very impressive. Having a place like BigTime has been a great place for her.... **Cathy DeHaas Parent Boulder H.S. Softball**

Andy has put 10 m.p.h. on his fastball in his first year. He has steadily gained velocity since then. Its money well spent and we plan on being at BigTime for as long as we can.... **Phil Swan Parent Boulder H.S. Baseball**

Michael competed at the very highest level in high school baseball-Cherry Creek Baseball. BigTime has been a big part of his training since he was 12 years olds. With the help of BigTime Athletic Development Michael is playing Division I baseball....**Jeff Halpern Parent Fairview/Cherry Creek H.S. Baseball**

The task ahead of you is never as great as the power behind you!

- 35 athletes this past year earned college scholarships!
- Over 35 athletes received post season awards this past school year alone!
- Over 60 All-State recipients since 2000
- 12 "Player of the year" awards since 2000
- Over 45 athletes competing at the college level in the past 3 years!
- Personal records shattered, new levels reached!
- 100's of young athletes have been part of a BigTime program!
- BigTime athletes consistently reaching levels they never thought were possible!

BigTime Athletic Development

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BigTime
athletic development

Face wall and rotate hips!

Pivot on back foot

Flies on ball

Back hand up

Weight against front foot

Baseball & Softball Training

www.bigtimeathleticdevelopment.com

The image is a collage of photos related to athletic training. At the top is the 'BigTime athletic development' logo. Below it are several smaller photos: one showing a person performing a drill with a 'Face wall and rotate hips!' instruction; another showing a person pivoting on their back foot; a third showing a person hitting a ball with 'Flies on ball' and 'Back hand up' annotations; and a fourth showing a person with a 'Weight against front foot' annotation. At the bottom is a large photo of a baseball game in progress.

BigTime Training!

Strength Training:

BigTime strength programs for baseball and softball are very comprehensive programs that concentrate on core work, legs, flexibility, injury prevention and performance enhancement. Upper body strength is still a big part of our program with careful consideration to full range of motion and keeping good flexibility to help increase arm speed and bat speed. We use a combination of free weights, elastic band, medicine balls, and body weight to create the most comprehensive strengthening program possible.

Vertimax/Core training:

BigTime utilizes cutting edge techniques to create the most sports specific and position specific exercises. Every workout can consist of up to 10-12 different core and functional exercises designed to improve balance, core strength and prevent injury. We also utilize equipment that most athletes don't have access to until they are at the college level. Our Vertimax is one of the most versatile training devices available to provide resistance during simulations of hitting and pitching. Hip turn and explosion are keys to both hitters and pitchers and the Vertimax can't be beat.

Speed/Plyometric Training:

Every athlete can benefit from plyometrics and speed work. Speed can be improved if it is worked on. Flexibility is a key to improving speed and BigTime athletes all go through a rigorous functional flexibility routine before every session. We speed train separate from strength or we can combine this with the strength programs. If an athlete doesn't work on speed they are only kidding themselves as to how good they can be. Plyometrics has also been proven to improve hitting and pitching !

Sport specific exercises and Skills

Training: Every baseball and softball athlete not only receives a very comprehensive training program that consists of a combination of functional exercises, core exercises, strength and power exercises, but also specific exercises for their sport as well as position. BigTime incorporates a lot of exercises that can help these young athletes get that extra edge and or work on their strengths and weaknesses.

Video Analysis!

In order to continue to provide the highest level of service for developing athletes, BigTime utilizes the top software program on the market to breakdown any sport activity. We can take video or have video sent to us and we can break the video down frame by frame and analyze every key position and through the magic of the software we can point out every detail of that activity –positive or negative. The technology used by this software is the same software that is used by the networks for instant replay and some of their analysis on TV.

The applications for this software are almost endless. The ability to breakdown the fundamentals of any sport and correct the problems that can't be seen by the naked eye is invaluable to coaches, parents and athletes. We can do onsite analysis or we can do analysis by virtue of email or by having video sent to us. See our pricing sheet in the documents section of our website or email for more details bigtimead@msn.com.

BigTime Athletic Development provides the following services with our video analysis software:

On site instant replay evaluation: We can video tape pitchers and hitters and play back the clip and point out good points and trouble areas as slow as frame by frame!

Video Analysis using reference clips: With our program we can create reference clips complete with diagrams, comments and descriptions. These clips can then be used to download onto new clips-we can show the reference clip side by side or even overlay it if need be!

Coaching Clips: BigTime Athletic Development is aware that some coaches want to use their own methods of teaching- we can make reference clips using their philosophy. We use these clips to download and teach their up and coming stars.

Professional Analysis: BigTime Video Analysis also can incorporate the evaluation of professionals. Our professionals can look at your clips and provide invaluable feedback as what you need to change and how to do it.

Programs and Pricing:

Strength/Core/Speed/Baseball Specific Training: Combination of baseball specific exercises, strength training, core work, speed work and agility. Program is designed to develop the athlete in all phases of training. We adapt the program to the level and age of the athlete. Our bat speed and pitching velocity programs fit into this category. **Price:** regular price is \$25/session-email at bigtimead@msn.com for more exact training. Team pricing discounts are available! Each part can be purchased independently –call or email for pricing!

Hitting and Pitching instruction: Individual and group training is available. We use the top coaches in our area for our instruction. Bob Bote is in charge of our baseball skills development.. We cover every phase of baseball development. **Price:** \$35-\$50 for a half hour of instruction. Team and group discounts are available. Call or email for team or group programs and look on our website for posted events.

Video Analysis: As described above. Go to our website and get a pricing sheet or email for more info!