

Dear McLean/Great Falls Babe Ruth

Epic Training Systems is a strength training facility founded to fulfill a neglected, but vitally important void in the development of today's young athletes. We recognize that in today's sports culture, saturated with fitness trends and the need for instant gratification, it is often difficult for young athletes to navigate through what sounds good and what actually works

At Epic Training Systems we believe that before any young man can become a baseball player, he must first become an athlete. General physical abilities such as strength, speed, mobility, power, proprioception, and kinesthetic awareness form the foundation of any aspiring athlete. As the saying goes, "a house is only as strong as its foundation." Baseball players are notorious for their time commitment working on only skill work. When in reality many of these "athletes" are not physically prepared to execute proper mechanics in the first place. This may be due to a variety of reasons including: specific weaknesses in certain areas, lack of flexibility, and overall poor mobility. With proper training, not only will each individual get physically stronger, faster, and more explosive, they will decrease the likelihood of an injury. It is also important to understand that the stronger athletic base one has the more efficient their sport practices become. For example proper training of the hip and core musculature will allow a baseball player to recruit more of their lower half in pitching & hitting practices. When this is combined with proper technical instruction, the baseball player's actions become more explosive and efficient.

With that being said, we feel that the 13-14 year old age group is in a critical window of athletic adaption. Many kids at this age are beginning to physically mature and the motor skills and movement patterns they learn now will be with them the rest of their athletic career. Many of you will be entering a high school program within the next year or two. Unfortunately most high school weight training programs do very little when it comes to assessing individual players preparation levels. Most 9th graders are put into a weight room and expected to perform the same routine as a physically mature and experienced 12th grader. This not only creates an unsafe situation, but also one that is not optimal for the long term development of the athlete.

We strongly believe that all young athletes should participate in a comprehensive program that emphasizes proper movement patterns and the mastering of ones own bodyweight before advanced training methods are used. Our knowledgeable and experienced staff will create individual programs that address the needs of each player. We will emphasize proper technique and safety as well as begin to educate them on the importance of strength, flexibility, mobility, nutrition, sleep, and the role that each play in their physical performance.

This upcoming spring season presents a great time for you middle school athletes to begin training under our supervision. With the start of the high school baseball season, most of our older athletes are out of the gym. This will allow our staff to have ample time to dedicate to our younger guys.

The first step in this process is to perform an initial assessment on each player to determine preparedness as well as establish a baseline for physical improvements. After the assessment I will explain our program in greater detail as well as answer any question you may have.

Assessments will be available by appointment only.

Please email me to set up a time.

We look forward to working with you.

Thank You,

**Brandon Berry
Director of Sports Performance
Epic Training Systems**

**11503 Sunset Hills Rd
Reston, Va 20190
[703-415-6880](tel:703-415-6880) (cell)
[571-267-7914](tel:571-267-7914) (office)**