

LITHYAA/Thunder Combine Fact Sheet

Cost: \$300 (\$850 value exclusively for LITHYAA/Thunder)

Registration Link:

[Register Here](#)

What's Included:

- An overhead throwing video assessment – results provided electronically
- A strength and mobility assessment (S.C.O.R.E.) – results provided electronically
- A Flightscope pitch characteristic data profile – results provided electronically
- Three hours of hands-on instruction broken up into two distinct 90-minute sessions
- A 30-minute presentation "Awareness of 5-Key Tools in Recruiting"
 - Handout provided on how college scholarships are structured
 - An on-line college recruiting profile page created with one video uploaded

Benefits for 12U and Younger:

- Achieve higher level of performance through proper wake-up / warm up, arm action drills, and better upper and lower half loading and unloading
- Identify strength and mobility constraints so they can be addressed
- Receive a video assessment that identifies disconnects in the kinetic chain and recommends drills to address
- Learn about arm care protocols, reduce chance of injury, and establish a performance baseline (Flightscope data) from which to track progress throughout your career
- Understand long toss protocols for velocity enhancement and learn about the inherent risks to make informed decisions in your training

Benefits for 13U and Up:

- Older players will benefit in that all of the things listed above to help you compete for high school and travel ball, will reduce the chance of injury, and better prepare you for the next level ... plus ...
- Understanding the recruitment process and how scholarships are structured within the various levels of college ball is crucial to making good decisions and maximizing your chances for success
- While all players who participate in the combine will have a profile page created, older players who are considering college baseball can use this page as a jumping off point to aid the entire process
- Having Flightscope pitch characteristic data from a reliable source and being able to present it in an objective fashion to college coaches is a powerful recruitment tool

Our Process and How the Combine Works:

There are three major activities / touch points so that we can provide personal attention to every participant:

1. Assessment
2. Hands-on 90-minute training in wake-up/warm-up protocols, and arm action drills
3. On-field 90-minute training in long toss protocols for velocity enhancement

Dates & Times:

Once registered Ernie Smith (illinoisbaseballedge@gmail.com, 847.489.5527) will reach out to you directly to schedule an assessment day / time. The assessments will be conducted at our elite overhead throwing academy located at 1213 South Main Street, Algonquin, IL 60102 on the following dates:

- Saturday September 30th from 8am-12noon
- Sunday October 1st from 8am-12noon
- Thursday October 5th from 5:00pm to 9:00pm

Next on Saturday October 7th we will host groups of up to 16 players at our academy for their first hands-on 90-minute training session. Specific times will be discussed when you come in for your assessment and there will be a makeup day / time if you cannot make this date. At the end of this training session you may opt to attend a 30-minute presentation entitled "Awareness of 5-Key Tools in Recruiting" and receive a handout on the way college scholarships at various levels are structured (NCAA I, II, III, NAIA, etc.).

The last step will be to attend an outdoor on-field 90-minute training session on long toss for velocity enhancement. This will be held **[TBD]**