

Our station room is equipped with the latest teaching tools available. It is designed to enhance speed, strength, and fundamental mechanics while keeping each player active throughout each session.

**NOBODY STANDS AROUND!**



Parents, why stand around while your kid is practicing? Come in and hit some golf balls or walk or run on the treadmill!

# ELITE SPORTS TRAINING

[www.esportst.com](http://www.esportst.com)

**Hitters** - Improve power, bat speed, eye hand coordination, technique and more.

**Softball Pitchers** - Improve wrist snap, arm speed, leg drive, mechanics, speed and control.

**Baseball Pitchers** - Balance, leg drive, arm strength, mechanics.

**Catchers** - Improve pop ups, blocking, hand quickness, throwing technique, leg strength, and framing.

**Throwing** - Improve balance, weight shift, arm whip, and speed.

**Fielding** - Improve glove work, eye hand coordination, fielding stance and footwork, throwing techniques and more.

**Strength & Conditioning** - Build a strong core, work on endurance, develop sport specific exercises.

**Golfers** - Take some putts, drives or work on your chip shot. Cure slices.

## New Era Park Station Room



**New state of the art training room.**

- Develop proper mechanics
- Improve speed & strength
- Increase flexibility

To see video samples of each station check out our website.

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## Equipment

Treadmill  
Stepper  
Balance Boards  
Bosu Ball  
Muhl Power Bag  
Softball Power Drive  
Kettle Bells  
Medicine Balls  
Bat Speed Radar  
Jugs Soft Toss Trainer  
Assorted Batting Tees  
Overload Heavy Bats  
Underload Light Bats  
Small Ball & StickEye Hand Training Drills  
Level Swing Bat & Cable  
Theraband Resistance and Speed Training  
Plyometric Box  
One Arm Bat  
Weighted Balls  
Video analysis  
Lightning Bolt Pitching Machine  
Sweet Spot Trainer  
Bat Rac Bunting Trainer  
Reaction Ball  
Small Ball Machine  
Xcelerator  
Finch Windmill  
Throwmax  
Sweet Spot Bat  
Golf Drivers & Training Tools  
Putting Green



## Rental Rates:

### Individual Rental:

New Era Member  
\$5 per 1/2 hr  
Non-Member  
\$10 per 1/2 hr

### Team Rental:

\$30 per half hr  
\$50 per hour  
\$399 for 10 hours



Design your own training program or use one of ours. No matter what philosophy you teach, you can use our training equipment to help your players develop proper mechanics and improve muscle memory.



### How does it work?

The station room is set up to have over 10 stations. Each station is equipped with training tools to strengthen a specific skill. Bring in your team and have them rotate between each station or sign up individually and rotate through the stations yourself. Whether the skill you want to work on is hitting, catching, pitching, etc... each station has your choice of today's latest equipment to help master the technique. We even provide sample programs for you or your team.

