

Open Baseball and Softball Workouts

Location: Concord Sports Center

Workout Coordinator: Matt Tupman

Looking to get ahead of the competition this off-season. Join Matt Tupman with this new walk in program to prepare players physically, mentally and mechanically for the upcoming season. These workouts are a great way to train in areas of catching, pitching, fielding, hitting and conditioning. Walk Ins only for this program \$20 per visit.

November - 7th, 14th, 21st, 28th
Sundays 9am - 10:30am

December - 5th, 12th, 19th, 26th
Sundays 1pm - 2:30pm

January - 2nd, 9th, 16th, 23rd, 30th
Sundays 2pm - 3:30pm

February - 6th, 13th, 20th, 27th
Sundays 2pm - 3:30pm

March - 6th, 13th, 20th, 27th
Sundays 2pm - 3:30pm

November 7th will be a free workout for any baseball and softball players ages 10-18.



**Concord Sports Center
2 Whitney Rd
Concord, NH 03301**



Strength and Conditioning Program

**Lead Instructor: Matt Tupman
(Former Major League Baseball Player)**



Concord Sports Center

2 Whitney Rd

Concord, NH 03301

Phone: (603)224-1655

www.concordsportscenter.com

Concord Sports Center

Matt Tupman Strength and Conditioning Program

Former Major League Baseball player and current Concord Sports Center instructor Matt Tupman will be hosting two sessions of a special six-week off-season baseball and softball training camp from November to March. Pre- and Post-tests will be taken to track the results over the course of each session.



Concord native Matt Tupman, a former standout at Plymouth State University and UMass-Lowell, made his Major League debut with the Kansas City Royals in 2008. Matt's travels also took him to the Dominican Republic where he starred for the Licey Tigers of the Dominican Winter League.

Tupman Baseball Academy Dates (Ages 12 and Up)

Session #1

Pre-test: November 2nd 6pm - 7pm

Wednesdays: Nov. 3rd, 10th, 17th
24th, Dec. 8th
6pm - 7pm

Fridays: Nov. 5th, 12th, 19th, 26th,
Dec. 3rd, 10th
6pm - 7pm

Sundays: Nov. 7th, 14th, 21st, 28th
Dec. 5th, 12th
8am - 9am

Post-test: December 14th 7pm-8pm

Session #2

Pre-test: February 1st 6pm - 7pm

Tuesdays: Feb. 8th, 15th, 22nd
Mar. 1st, 8th, 15th
6pm - 7pm

Fridays: Feb. 4th, 11th, 18th, 25th
Mar. 4th, 11th
6pm - 7pm

Sundays: Feb. 6th, 13th, 20th, 27th
March 6th, 13th
8am - 9am

Post-test: March 15th 7pm-8pm

COST: \$275



The Strength and Conditioning Program will include:

- Training to throw harder.
- Bulking up for baseball/softball
- Arm health for pitchers
- Building bat speed

Note: Players under 13 years of age who participate in the Strength and Conditioning program will be eligible for our Throwing Velocity camp.

Pretests will include:

- 40 yard sprint
- 10 yard sprint
- 2-foot vertical jump
- 30 second dips
- 30 second sit-ups
- Home to first
- Bench Press
- Diamond Pushups

