



CAD



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Producing Athletic Talent

Leading strength and development experts understand the importance of the “Absolute Strength-Speed Continuum”, and how it applies to nearly every sport. The spectrum consists of four areas:



Strength is a big foundation for power. To develop athletic talent for running, throwing and hitting, the ideal is to create a *balanced athlete* by getting them to work on all areas of the continuum.

The problem is most athletes spend too much time at the “speed-end” and very little focus on required strength. As a result, these athletes lack power and increase their chance of *major* injury throughout all stages of their sports career.

Complete Athlete Development (“CAD”)

Welcome to CAD ... a performance-related approach to strength and conditioning training designed for athletes of all ages.

The rules of CAD are simple. Athletes continuously undergo rigorous biomechanical and physical testing before progressing to the next stage of strength and speed development.

We have also engineered a performance prediction modeling tool to ensure athletes do not over or under train. This has proven to optimize power production, reduce the risk of injury and produce remarkable results.

Program Outcomes

Using our elite facility, testing equipment and online tools, athletes learn the importance of functional movement, correct lifting techniques and balance. Starting with low-resistance (e.g. up to body weight) but high-speed exercises, athletes progress towards the strength-end of the continuum as they achieve target performance numbers and pass functional movement tests. Continual screening and performance testing keep everything in check. If needed, a nutrition plan is available to address the need to increase or decrease weight.

CAD is ideal for athletes of all ages and development stages. Training can be done at our facility and/or home.

- \$300 month per athlete
- 2 x one-hour facility sessions per week
- Binder for at-home training and progress reports
- Access to online content

