



2014

# PRO BASEBALL

## OFF-SEASON

November - March

# ASSESS

MOVEMENT SCREEN. PERFORMANCE

# ENHANCE

TRAIN. NUTRITION. RECOVERY

# PERFORM

BASEBALL.

SSP is performance driven. Partnered with Nike SPARQ, we are directly involved in the exploration and discovery of athletic potential and provide sound, science-based rationale for the advancements and innovations that fuel game-changing products and maximize performance for athletes at every level.

# PERFORMANCE



**“SSP has been part of my training from when I played in college and into my professional career. They encompass everything from speed and strength training, to massage, nutrition and even rehab.”**

**— Kent Matthes  
Colorado Rockies  
4th Round Draft Pick**

**WHEN YOUR NAME IS UP, NOTHING CAN HOLD YOU BACK**

# WE BUILD BETTER BASEBALL PLAYERS

SSP is a performance game-changer. We believe in extending the continuum of athletics by optimizing performance in baseball. We are an elite team of experts with limitless potential and encompass a relentless pursuit of visionary ideas and innovations. We are specialized in enhancing human performance through TRAINING, NUTRITION and EDUCATION. We work in an all encompassing arena of elite sports performance.

**POWER. ROTATION.  
FLEXIBILITY.  
BODY COMPOSITION.  
STRENGTH.  
SPEED.**

**“Thanks to SSP I have had the best season of my career leading the minor leagues in stolen bases. I also moved from Single-A, to Double-A, to Triple-A in one season.”**  
**— Tyson Auer, LA Angels**



**NOBODY SEES HOW HARD YOU WORK. EVERYBODY SEES THE PAYOFF.**

# THERE IS A RIGHT WAY TO TRAIN

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A simple concept: MOVEMENT FIRST. The human body was designed to MOVE. Today, more than ever, we are seeing athletes suffer with compensations, weaknesses and injuries. SSPs answer is to dive further into the CONTINUUM OF PERFORMANCE. Our specialized staff is equipped to develop personalized programs for everyone, whether you are returning from injury, looking for an edge or pushing yourself to the limits.

There may not be a season in sports that requires more preparation and maintenance. Equip yourself with the proper tools to excel and not break down.

**WHEN YOU'RE  
UNDER PRESSURE,  
OVER DELIVER.**



**“They understood my goals and ambitions and have worked with me 5 days a week to get me ready for the Spring...I will be starting my first full professional season with knowledge of training and nutrition that I never had before. I’m very grateful for everything everyone at SSP has done for me.” — Tucker Donahue  
Toronto Blue Jays, 4th Round Draft Pick**





PERFORMANCE TRAINING

NUTRITION

MASSAGE

PHYSICAL THERAPY

ORTHOPAEDICS

## **SSP ELITE PERFORMANCE CENTER**

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