



## **12 Week Power and Velo Workout**

\$99.99

Be the most explosive and powerful player on the field with our 12 week Power and Velo Workout. Our 12 Week Program is designed off years of research and knowledge. Taking the data of biomechanics and numbers from Professional athletes from programs like the Toronto Blue Jays, Los Angeles Dodgers, New York Yankees, Miami Marlins, Philadelphia Phillies, Washington Nationals, and more. Designed to mirror Professional programs and taking the best part of all of those programs and combining them into one.

- Increase Flexibility and Mobility
- Increase overall Strength
- Increase Quick Twitch and Explosive Movement
- Decrease Chances of Injury
- Increase Exit Velocity and Hitting Power
- Increase Throwing Velocity and Pitching Dominance

This Program is best paired with our 12 Week Power Hitting Program or 12 Week Velo and Arm Care Program

Category: Shop All. Tags: exit velo, lifting, Power, strength, Velo, velocity.



## **12 Week Velo and Arm Care Program**

\$99.99

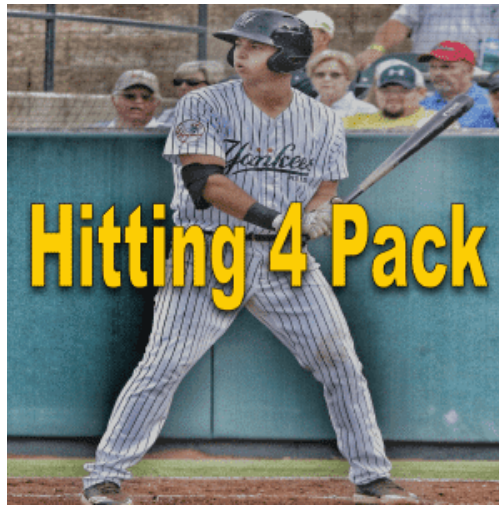
Protect your arm while gaining velocity... Our 12 Week Velocity and Arm Care Program is designed from several different Professional Organizations like the Los Angeles Dodgers, Miami Marlins, Colorado Rockies, and more. We take the best of all of those programs and mesh them together to bring the ultimate throwing program to life. Gain serious velocity while working the mechanics needed to succeed at the highest level. We are huge believers in a strong long toss program paired with an extensive band program to create explosive movements that can withstand the forces put on the body throughout the kinematic sequence. Our program simplifies the science for you by creating consistent and power movements.

- Increase Flexibility and Mobility
- Increase overall Strength
- Increase Quick Twitch and Explosive Movement
- Decrease Chances of Injury
- Increase Throwing Velocity and Pitching Dominance

This Program is best paired with our 12 Week Power Hitting Program or 12 Week Velo and Arm Care Program Comes With:

- Warm Up Series
- Band Program
- Plyo Warm Up
- Post Throwing Recovery Program
- And more

Category: Shop All. Tags: exit velo, lifting, Power, strength, Velo, velocity.

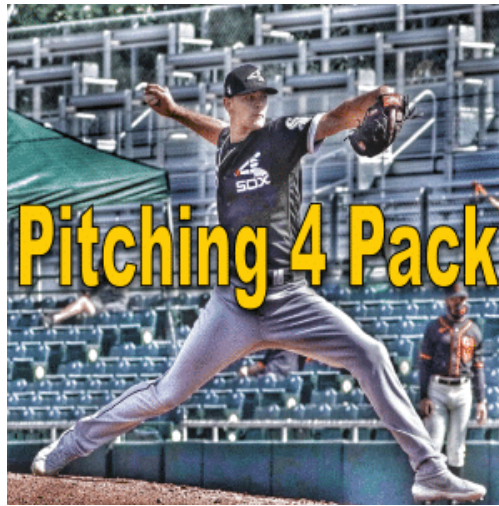


## **4 Pack Online Hitting Lesson**

\$100.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1-1. Categories: Shop All, Programs. Tags: Baseball, Baseball Lessons, Hitting , Hitting Lessons, Lessons, Online Hitting, online lessons, Online programs, Online Training, Power, Softball, Softball Lessons, Training.

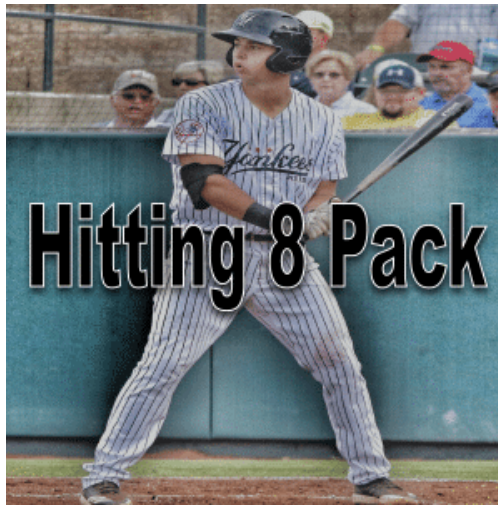


## **4 Pack Online Pitching Lessons**

\$100.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1-1-2. Categories: Shop All, Programs. Tags: Arm Care, Baseball, Baseball Lessons, Changeup, Curveball, Fastball, Lessons, MPH, Offspeed Pitches, Online Hitting, online lessons, Online programs, Online Training, Pitching, Pitching Lessons, Power, Slider , Softball, Softball Lessons, Spin Rate, Training, velocity.



## **8 Pack Online Hitting Lesson**

\$175.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1-1-1. Categories: Shop All, Programs. Tags: Baseball, Baseball Lessons, Hitting, Hitting Lessons, Lessons, Online Hitting, online lessons, Online programs, Online Training, Power, Softball, Softball Lessons, Training.



## **8 Pack Online Pitching Lesson**

\$175.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1-1-1-1. Categories: Shop All, Programs. Tags: Arm Care, Baseball, Baseball Lessons, Changeup, Curveball, Fastball, Lessons, MPH, Offspeed Pitches, Online Hitting, online lessons, Online programs, Online Training, Pitching, Pitching Lessons, Power, Slider , Softball, Softball Lessons, Spin Rate, Training, velocity.



**BB American Flag Men's Long Sleeve T-Shirt**

\$24.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- Crew neck
- 32 singles
- Side seamed construction
- 1x1 tri-blend baby rib set-in collar
- Hemmed sleeves
- Satin label

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, T-Shirts.

**Color** *Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy*

**Size** *Large, Medium, Small, X-Large, X-Small, XX-Large*





**BB American Flag Mens TriBlend T-Shirt**

\$22.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed construction
- Crew neck
- 1x1 tri-blend baby rib set-in collar
- Satin label

SKU: N/A. Categories: All Apparel, Apparel, Men, Shop All, T-Shirts.

**Color** *Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy*

**Size** *Large, Medium, Small, X-Large, X-Small, XX-Large*



## **BB American Flag Short Sleeve Hoodie**

\$25.99

This short sleeve hoodie combines moisture-wicking performance, unbeatable softness and PosiCharge technology to lock in color. -4.4-ounce, 75/13/12 poly/cotton/rayon jersey with PosiCharge technology -4.6-ounce, 75/13/12 poly/cotton/rayon jersey with PosiCharge technology (Black Triad Solid) -Removable tag for comfort and relabeling - Self-fabric hood -Dyed-to-match neck taping -Raglan sleeves -Front pouch pocket

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, Sweatshirts/Pullovers.

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<b>Color</b>	<i>Black, Vintage Navy</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## BB American Flag Womens TriBlend T-Shirt

\$22.99

- 4.3 oz., 50% polyester/ 25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed with feminine curve
- 1x1 tri-blend baby rib set-in collar with front cover stitch
- Satin label

SKU: N/A. Categories: Shop All, All Apparel, Apparel, T-Shirts, Women. Tags: apparel, bb, shirt, tshirt.

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<b>Color</b>	<i>Heather White, Premium Heather, Vintage Black, Vintage Navy</i>
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<b>Size</b>	<i>Extra Large, Large, Medium, Small, Youth Large, Youth X-Large</i>
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## **BB American Flag Women's Perfect TriBlend Rocker Tank**

\$22.99

Turn up the volume in this tank with its perfect mix of softness and attitude. -4.5-ounce, 50/25/25 poly/combed ring spun cotton/rayon, 32 singles -2x1 rib knit neck -Tear-away label -Curved hem

SKU: N/A. Categories: Shop All, All Apparel, Apparel, T-Shirts, Women.

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<b>Color</b>	<i>Arctic White, Vintage Black, Vintage Navy</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## **BB Black/Black Richardson Hat**

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: N/A. Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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### **Logo**

**Color(Outline/Fill)** *White/Black, Navy/Black, Charcoal/Charcoal, Gold/Navy*

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## BB Black/Charcoal Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: N/A. Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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### Logo

**Color(Outline/Fill)** *White/Black, Gold/Black, Gold/Navy, Black/Black*

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## BB Black/Heather Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: N/A. Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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### Logo

*White/Black, Gold/Black, Gold/Navy, Black/Black, Gold/Grey,*

**Color(Outline/Fill)** *Black/Grey*

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## BB Fleece Sweatshirt

\$32.99

- 5.3 oz., 60% cotton/40% polyester fleece
- 30 singles
- Jersey lined contrasting and matching jersey lined hood and flat drawcord
- Metal eyelets
- 1x1 ribbing at cuffs and waistband.
- TearAway label

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, Sweatshirts/Pullovers.

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<b>Color</b>	<i>Black, H. Gray/Midnight, Midnight/H.Gray, White/Hther Gray</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## BB Gold/Heather Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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**Logo**

**Color(Outline/Fill)** *Gold/Grey*

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## BB Men's Long Sleeve T-Shirt

\$24.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- Crew neck
- 32 singles
- Side seamed construction
- 1x1 tri-blend baby rib set-in collar
- Hemmed sleeves
- Satin label

SKU: N/A. Category: Shop All.

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### Color

*Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy*

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### Size

*Large, Medium, Small, X-Large, X-Small, XX-Large*

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## BB Men's Long Sleeve T-Shirt

\$24.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- Crew neck
- 32 singles
- Side seamed construction
- 1x1 tri-blend baby rib set-in collar
- Hemmed sleeves
- Satin label

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, T-Shirts.

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### Color

*Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy*

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### Size

*Large, Medium, Small, X-Large, X-Small, XX-Large*

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## BB Mens Fleece Sweatshirt

\$32.99

- 5.3 oz., 60% cotton/40% polyester fleece
- 30 singles
- Jersey lined contrasting and matching jersey lined hood and flat drawcord
- Metal eyelets
- 1x1 ribbing at cuffs and waistband.
- TearAway label

SKU: N/A. Category: Shop All.

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<b>Color</b>	<i>Black, H. Gray/Midnight, Midnight/H.Gray, White/Hther Gray</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## BB Mens TriBlend T-Shirt

\$22.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed construction
- Crew neck
- 1x1 tri-blend baby rib set-in collar
- Satin label

SKU: N/A. Category: Shop All.

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### Color

*Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy*

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### Size

*Large, Medium, Small, X-Large, X-Small, XX-Large*

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**BB Mens TriBlend T-Shirt**

\$22.99

- 4.3 oz., 50% polyester/25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed construction
- Crew neck
- 1x1 tri-blend baby rib set-in collar
- Satin label

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, T-Shirts.

<b>Color</b>	<i>Heather White, Premium Heather, Venetian Grey, Vintage Black, Vintage Navy</i>
<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>



## BB Short Sleeve Hoodie

\$25.99

This short sleeve hoodie combines moisture-wicking performance, unbeatable softness and PosiCharge technology to lock in color. -4.4-ounce, 75/13/12 poly/cotton/rayon jersey with PosiCharge technology -4.6-ounce, 75/13/12 poly/cotton/rayon jersey with PosiCharge technology (Black Triad Solid) -Removable tag for comfort and relabeling - Self-fabric hood -Dyed-to-match neck taping -Raglan sleeves -Front pouch pocket

SKU: N/A. Categories: Shop All, All Apparel, Apparel, Men, Sweatshirts/Pullovers.

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<b>Color</b>	<i>Black, Vintage Navy</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## BB Silver/Heather Navy Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: 115-HNVSV\_BB\_GrNv. Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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### Logo

**Color(Outline/Fill)** *White/Black, Gold/Black, Gold/Navy, Black/Black*

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## BB White/Grey Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: N/A. Categories: Shop All, Apparel, Headwear.

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### Logo

### Color(Outline/Fill)

*Gold/Grey, Gold/White, Gold/Navy, White/Grey, White/White*

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## BB White/White Richardson Hat

\$24.99

Classic trucker cap style built with the Richardson quality and fit you've come to expect. 40+ colorways and 40+ years of sports product experience are just a few reasons this remains a best-seller and favorite cap for teams, fans, and brands alike. SHAPE Mid-Pro FABRIC Cotton-Poly/Nylon Mesh VISOR Precurved SWEATBAND Cotton

SKU: 115-WH\_BB\_GrGr. Categories: Shop All, Apparel, Headwear. Tags: bb, Hats, mesh, Trucker hat.

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**Logo**

**Color(Outline/Fill)** *Grey/Grey*

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## BB Womens Cropped Hoodie

\$29.99

- 8.3 oz., 80% ring-spun cotton/20% polyester
- Feminine relaxed fit
- Cropped cut with drop shoulder design
- Kangaroo pouch pocket
- Twin needle stitching detail
- Raw edge hem with cover stitching
- Brushed inner fleece
- Double fabric hood
- Flat lace drawcords
- Soft cotton faced fabric creates ideal printing surface
- Simple tearout label, perfect for rebranding

SKU: N/A. Category: Shop All. Tags: Hoodie, Outerwear, women.

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<b>Color</b>	<i>Arctic White, Jet Black</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small</i>
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**BB Womens TriBlend T-Shirt**

\$22.99

- 4.3 oz., 50% polyester/ 25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed with feminine curve
- 1x1 tri-blend baby rib set-in collar with front cover stitch
- Satin label

SKU: N/A. Category: Shop All. Tags: apparel, bb, shirt, tshirt.

<b>Color</b>	<i>Heather White, Premium Heather, Vintage Black, Vintage Navy</i>
<b>Size</b>	<i>Extra Large, Large, Medium, Small, Youth Large, Youth X-Large</i>



## BB Womens TriBlend T-Shirt

\$22.99

- 4.3 oz., 50% polyester/ 25% combed ring-spun cotton/25% rayon
- 32 singles
- Side seamed with feminine curve
- 1x1 tri-blend baby rib set-in collar with front cover stitch
- Satin label

SKU: N/A. Categories: Shop All, All Apparel, Apparel. Tags: apparel, bb, shirt, tshirt.

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<b>Color</b>	<i>Heather White, Premium Heather, Vintage Black, Vintage Navy</i>
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<b>Size</b>	<i>Extra Large, Large, Medium, Small, Youth Large, Youth X-Large</i>
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## **BB Women's Perfect TriBlend Rocker Tank**

\$22.99

Turn up the volume in this tank with its perfect mix of softness and attitude. -4.5-ounce, 50/25/25 poly/combed ring spun cotton/rayon, 32 singles -2x1 rib knit neck -Tear-away label -Curved hem

SKU: N/A. Categories: Shop All, All Apparel, Apparel, T-Shirts, Women.

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<b>Color</b>	<i>Arctic White, Vintage Black, Vintage Navy</i>
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<b>Size</b>	<i>Large, Medium, Small, X-Large, X-Small, XX-Large</i>
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## Bucket Hat

\$24.99

- GB400 Quickturn In-Stock Style
- Ultralight Reverse Fabric
- Performance Sweatband & Adjustable Drawcord
- UPF30 Ultraviolet Protection
- Lightweight & Packable, 100% Polyester

SKU: BUCKHAT. Categories: Shop All, All Apparel, Apparel, Headwear.



## **Diamond Kinetics Pitch Tracker- Baseball**

~~\$99.99~~ \$89.99

PitchTracker Baseball, made up of the Smart Baseball and the PitchTracker Baseball App, revolutionizes Baseball with a comprehensive pitch analysis and charting system available right in the palm of your hand. See in-depth information previously available only with expensive hardware systems. Captures motion data in real-time and sends it to the free PitchTracker Baseball iOS app via Bluetooth Compatible with Apple devices only. Dedicated iPhone and iPad apps. Smart Baseball memory holds up to 64 pitches when mobile device not nearby. Quickly learns the pitch types you throw and automatically tags them. Analyze your pitches on 2 core measurements including Velocity Spin Rate. And more with a Premium Pitcher subscription! Manual pitch charting feature. Live, in-app Support chat 12 hours/day, 7 days/week. Video synced with pitch metrics. Connect and share pitch metrics with teammates and coaches. Manage players and teams through the Groups and Connections features. Regulation Spec Full Grain Leather 5 oz 9in White leather, Green laces.

Category: Shop All.





## **Diamond Kinetics Pitch Tracker- Softball**

~~\$99.99~~ \$89.99

PitchTracker Softball, made up of the 'Smart' Softball and the PitchTracker Softball App, revolutionizes Softball with a comprehensive pitch analysis and charting system available right in the palm of your hand. See in-depth information previously available only with expensive hardware systems. Captures motion data in real-time and sends it to the free PitchTracker Softball iOS app via Bluetooth Compatible with Apple devices only Softball memory holds up to 64 pitches when mobile device not nearby Quickly learns the pitch types you throw and automatically tags them Analyze your pitches on 2 core measurements including: Velocity Spin Rate and more with a Premium Pitcher subscription! Manual pitch charting feature Live, in-app Support chat 12 hours/day, 7 days/week Video synced with pitch metrics Connect and share swing metrics with teammates and coaches Manage players and teams through the Groups and Connections features Regulation Spec Softball Leather 7 ounces, 12 inches Yellow Leather, Green Laces

Category: Shop All.



## Diamond Kinetics Swing Tracker

~~\$99.99~~ \$89.99

Baseball and softball players of any age or skill level, and their coaches, can have access to the science of motion analysis and unlock an entirely new world of understanding about their swing, its components and how to improve their hitting. The SwingTracker sensor captures motion data in real-time and sends it to the free, sport specific SwingTracker iOS app via Bluetooth. Compatible with Apple devices only. Sensor memory holds up to 128 swings when mobile device not nearby Dedicated iPhone and iPad apps for both Baseball and Softball Analyze your swing on 4 core measurements: Max Barrel Speed Trigger to Impact Time Attack Angle Impact Momentum Compare swings to national age/skill benchmarks from 8U through Professional 3D View of swing plane and path synced with swing metrics Join Groups and compete on Leaderboards Live, in-app Support chat 12 hours/day, 7 days/week

Category: Shop All. Tags: Analysis, Data, Diamond Kinetics, Hitting, Sensor.



## Flatbill Snapback

\$24.99

- 80% Acrylic/20% Wool
- Structured
- High-profile 3 3/4" Crown
- Six-panel, Flat Bill
- Snapback Closure

SKU: FBSB. Categories: Shop All, Apparel, Headwear.

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### Color

*Heather Grey/Navy, Navy Blue, Off White/Black*

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## **Full Baseball/Softball Assessment**

\$99.00

Baseball and Softball are arguably two of the hardest sports to play. Your room for error is so small, your mechanics have to be perfect, and your athletic/physical ability have to be in tip top shape. Knowing the mistakes you are making is the easy part...the hard part is knowing where to start and how to fix it!! That's where we come in. Book a comprehensive Baseball/Softball Assessment to test the full realm of your skills. Included is: -Hitting Evaluation -Pitching/Throwing Evaluation -Fielding Evaluation -Mobility Evaluation -Comprehensive Report with exercises to fix any discrepancies

Category: Shop All.



## **Marucci Batting Gloves- Custom BB Sports Design**

~~\$39.99~~ \$32.99

Built for countless innings of play. The Crest batting gloves are stitched with a thick leather palm and dimpled mesh back for flexibility, breathability and longevity. Durable, genuine leather palm provides comfort and enhanced grip Dimpled mesh back for breathability, flexibility and durability Soft, mesh-lined wrist cuff reduces friction and irritation Added back-of-hand structure and internal lining to eliminate friction and irritation

Category: Shop All.



## Marucci Pro Duffel Bag

~~\$79.99~~ \$54.99

PRO UTILITY DUFFEL BAG Professionally inspired function. This Pro Utility Duffel Bag is designed with super-durable canvas and water-resistant tarpaulin to keep your gear safe and dry while a deep main storage compartment and two retractable bat sleeves allow you to easily travel with all of your gear. Each Pro Utility Duffel comes standard with Honor The Game and USA Flag removable patches and can be easily personalized with additional Marucci patches Military-inspired hook-and-loop patch area provides unique personalization options External, retractable sleeves carry up to two bats with up to 2 ¾" barrels Water-resistant tarpaulin on top and side panels Heavy-duty, abrasion resistant canvas shell Internal zipper pouch for valuables Padded shoulder strap 26" W x 13" D x 12" H

Category: Shop All. Tags: backpack, bag, duffel bag, Marucci.



## Mesh Back Visor

\$24.99

We took the popularity of our best-selling style 112, and made a visor to match it

- **SHAPE** Visor 2 1/4" Front Panel
- **FABRIC** Twill/Polyester Mesh
- **VISOR** Precurved
- **SWEATBAND** Cotton

SKU: MSHBV. Categories: Shop All, Apparel, Headwear.

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**Color**

*Grey, Navy Blue*

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## **Online Hitting Lesson**

\$30.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1. Category: Shop All. Tags: Baseball, Baseball Lessons, Hitting, Hitting Lessons, Lessons, Online Hitting, online lessons, Online programs, Online Training, Power , Softball, Softball Lessons, Training.





## **Online Pitching Lesson**

\$30.00

-Send in your video -We analyze your swing or throwing motion -Voiceover analysis explaining what we see -We send list of drills with videos examples and how to fix - Message us if you have questions on the drills we sent

SKU: VIDAN-1-2. Categories: Shop All, Programs. Tags: Arm Care, Baseball, Baseball Lessons, Changeup, Curveball, Fastball, Lessons, MPH, Offspeed Pitches, Online Hitting, online lessons, Online programs, Online Training, Pitching, Pitching Lessons, Power, Slider , Softball, Softball Lessons, Spin Rate, Training, velocity.