**Tricity Thunder Baseball**

**Winter Training Program**

This winter the Thunder College Prep baseball will be running our training program three nights a week. 2 nights a week we will be weight training at Riverside Secondary school and 1 night at IP, focusing on Hitting and pitching.

We will be at Riverside Secondary Monday and Wednesday nights, from 7:00 – 9:00 pm. Riverside has an outstanding weight room where we will focus on both core and auxiliary lifts. The facility also has a small gym where we will be doing plyometric and dynamic workouts design to facilitate speed and agility.

Friday nights we will be at Inside Performance in North Vancouver from 7:00 – 9:00 pm. Located just on the north end of Iron Worker’s Memorial (2nd Narrows) Bridge. The facility has a weight room and 3 cages for us to work on hitting and pitching, which will also focus on video analysis.

This program starts on Friday, November 2nd and runs through the middle of February

**Coaches:**

**J.J. Hyde (Head Coach)**

This is J.J.’s 4th season with the Thunder and he has been the head coach for this program since the start of the BC Minor College Prep League. The Thunder is coming of it’s best season with three silver medals, the highlight being a ten inning provincial final loss this past August. J.J. grew up playing with Poco Minor Baseball, Coquitlam Reds, National Baseball Institute, the Junior National Team and then the Coquitlam Athletics. As a coach, he has been an assistant/pitching coach at the NBI, BC Selects, Head Coach of the Coquitlam Athletics, the 2018 U16 Provincial team, and then the Thunder. He is a Level III NCCP certified coach.

**Dave Bird (Head Assistant)**

Dave joined the Thunder with Coach Hyde and he is in his 4th year with the program. He grew up playing in Poco and the Coquitlam Reds, making the BC selects in 1978. Dave has a vast coaching legacy of 40 years with Poco Minor, BC Summer Games and the BC Select programs. His teams have competed in the provincials 18 times and the Western Championship twice.

**Justin Hyde (Pitching Coach)**

Justin grew up playing in the Ridge Meadows Minor System and then moved over to the Tricity Thunder, where was a starting pitcher, winning the first ever College Prep playoff game. This will be his second year as the pitching coach and his second as the pitching coach for the U16 Provincial Team.

**Aaron Sinclair**

Aaron enters his second year in charge of outfielders and hitting. Aaron was an excellent center fielder for the Thunder and play one over-aged year with the Coquitlam Reds.

Cost of Winter tdaveraining Program is $275, cheque or cash on the first day

To Register: e-mail Dave Bird at Dave\_Bird24@hotmail.com