
TOTAL PERFORMANCE

PROSWING PRIDE 2017 OFF-SEASON TRAINING

ELITE BASEBALL DEVELOPMENT



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WELCOME TO OUR TEAM!

#TEAMTP

As CEO of Total Performance, a company fueled by passion and a relentless work-ethic, I would like to thank you for the opportunity to develop your athlete, and express my warm welcome to Team Total Performance!

Our staff has and continues to research youth athletic development to enhance a young athletes physical and mental capabilities. We are confident that our fun and effective style of coaching will give your athletes the opportunity to experience them too!

The harsh reality is that 99.99% of the athletes we train will not be going pro. Having said that, our goal is not to develop the next Derek Jeter (although it would be nice), but to develop young adults that have the attitude, determination, and leadership skills that Jeter possesses.

- Tim Panetta

A handwritten signature in black ink that reads "Panetta". The signature is written in a cursive, flowing style with a large initial "P".

MISSION

We are on a mission to not only help every athlete we meet, but to positively impact each young athlete that walks through our door.

As fast food chains continue to grow, technology taking time away from physical activity, childhood obesity rates continuously increasing, and participation in youth sports declining, Total Performance is positioned and determined to positively impact these societal flaws.

We truly believe that as time passes and certain trends and ideas come and go, the importance of health, nutrition, and exercise will never go away. If we can develop the mindset and habits of young athletes to live healthy, and physically active lives, we can guide them towards a healthy future.

WHY?

We believe that a coach has the power to truly impact every single athlete they encounter. We know this because of the profound impact our coaches throughout our careers have had on us. While we truly value the wisdom and guidance a parent provides, a coaches responsibility is to give a different perspective on their area of expertise. Total Performance is excited and grateful to be in this position. That's the power and impact a coach can have.

The Total Performance family is blessed to have great coaches that were and continue to be mentors to this day. Now, it is our turn to lead and set examples for the young athletes that walk through our door.

GOAL

To teach every athlete the skills in order to reach their unique potential and develop physically and mentally strong individuals, so that they can lead and succeed on and off the playing fields.

By introducing kids to training and educating them on how to take care of their bodies' we can develop healthy habits for long term health while sparking a lifelong interest in physical activity and sports. All of this can be accomplished by preparing their bodies for an injury free season at peak physical and mental performance.

FOREWORD

LJ Mazzilli - NY Mets Prospect and Team TP

Hi, my name is LJ Mazzilli, and I am currently in Triple-A with the New York Mets. I am friends with both Tim and Bryan, and played baseball at the University of Connecticut with Tim.

After my 2016 season, I came home to Greenwich, CT and was figuring out what I was going to do for my off-season training. I reached out to Tim, and came into Total Performance shortly after to meet and talk about possible future plans to train with Tim. Little did I know how drastically my life was going to change for the better. Tim and Bryan not only help me physically, but also mentally when it came to my outlook on training, creating routines, taking responsibility for my routines, and staying positive and confident in all aspects of my mind. Physically, I have never been so functionally strong and efficient in my life and my career.

The scientifically designed training program Tim and Bryan methodically developed ended up the best offseason, efficiently and result based, I have done, to date. The intelligence and genuine care behind all workouts was awesome to be a part of, and I highly recommend any aspiring athlete to take full advantage of the coaching Total Performance has to offer.

All of your needs will be met, and expectations exceeded, I attest to that first hand!

Best,

LJ Mazzilli

NY Mets

Matt Hillis- Head Coach, Fox Lane High School

I had the great pleasure of coaching Tim for 5 varsity seasons at Fox Lane High School. Tim was called up to fill our catching void in the middle of his JV season. He was still an 8th grader! We thought long and hard about this decision as it would take a special person with exceptional talent to handle this role at such a young age. It didn't take long for us to realize that we had made a decision that would enhance our baseball program for the next 5 years.

Tim handled the responsibility with the maturity of a player well beyond his years. We demanded a lot of him and he was always up to the task.

During his tenure, Tim was the leader of teams that won a sectional championship and 3 league championships. As the challenges escalated, so did his level of play.

Tim had a remarkable high school career, and to no ones surprise, a stellar collegiate stint at perennial baseball powerhouse SUNY Cortland.

He is now devoted to being a professional in the field of health and fitness, specializing in the development of local student athletes. I have no doubt success will always follow Tim and more importantly, all of the young men and women he works with and mentors.

With extreme confidence,

Matt Hillis

Head Baseball Coach - Fox Lane HS

Joe Brown- Head Coach, SUNY Cortland

I have been involved in college athletics over 20 years and throughout those years many of my former players were involved in strength and conditioning experiences in College, at home, and in the summer. Most of those experiences were “adequate” not “Excellent.” I am honored to write in support of an extremely intelligent, passionate, brilliant former Cortland State baseball player, Tim Panetta.

Tim began his collegiate athletic career at D1 UCONN and competed with some exceptional baseball players. Upon transferring to SUNY Cortland it didn't take long to see the passion Tim had in his major and his absolute commitment to being the “BEST.” Many people shy away from expanding their knowledge base and their extreme desire to learn more. Tim was completely opposite, he wanted to explore, examine, and create an absolute tremendous knowledge base for his future in the profession of exercise science.

Tim enhances the experience with his knowledge not just the typical “coach speak” that most training centers and instructors use to “lure” clients. Tim Panetta's group of people and his “core” philosophies are exactly what kids, families, and coaches should invest in. Simply put, they will educate you, inspire you and train you to a level you never thought was possible.

It is without hesitation I not only endorse Tim Panetta and his group but I strongly encourage you to allow him to teach, coach, and educate you. Not only will your body benefit, but so too will your mind.

Respectfully yours,

Joe Brown

Head Baseball Coach - SUNY Cortland - 2015 National Champions

TP COACHES

Tim Panetta

MS, CSCS, CES, USA-W

Uconn Baseball, Cortland Baseball

Coach Tim is a former collegiate athlete and former collegiate strength and conditioning coach. He is truly passionate about helping others, living a life of service, and creating mentally tough individuals. Tim believes in daily personal development, leading by example, DOING the work, and positively impacting everyone he meets. He specializes in lunging for 1/2 mile everyday, under counting reps, and subtly telling you when you are being "soft".



Bryan Marotta

BS, CPT

Oneonta Baseball, Cortland Baseball

Coach Bryan is a former collegiate athlete that brings many years of experience to our fitness and sports performance programs. He has a true passion for fitness, overall well-being, and bettering himself and those who walk through TP's doors. He believes in hard work, no excuses, and finding the reasons within yourself to achieve your goals. He specializes in growing ridiculous mustaches and proportional calf muscles to the rest of his body, showing clearly that he will never let you skip "leg day."



TESTIMONIALS

“My son is not always a willing participant in programs of this nature but he has surprised us when it comes to Total Performance. He has enjoyed training with Tim and Bryan at TP, he has been focused, I have noticed a certain pride in his accomplishments in the program, and he is pushing himself to get stronger. Tim is very knowledgeable, and his expertise is doing wonders for the boys involved in the program. We will continue to work with TP in the future.”

J.S. - Parent of 13 Year Old Baseball Player

“The TP coaches have really taken the time to understand my son - his strengths and weaknesses. They have done a great job at getting him stronger, both physically and mentally.”

K.M. - Parent of 14 Year Old Baseball/Basketball Player

"My son has been learning so much at Total Performance. He looks forward to every workout and has learned that hard work and commitment pays off. Definitely glad he joined one of their training programs, it has made a big difference and it shows!"

J.T. - Parent of 12 Year Old Baseball Player

“The TP coaches are fantastic. Their training program have helped our son gain agility and strength. More importantly, they have taught him how to set goals, be committed, and work hard!”

J.O. - Parent of 13 Year Old Baseball Player

MISCONCEPTIONS, Q & A, and KEY POINTS

Misconception 1 - Children should not train with weights because it doesn't work, places too much stress on the muscles, or is dangerous.

Truth - With proper supervision and safety precautions, strength training is a safe, effective and efficient means for conditioning young muscles and increasing muscular strength.

Misconception 2 - Children do not have sufficient levels of the muscle building hormone testosterone to gain strength apart from normal growth and maturation.

Truth - They do not have the necessary hormone levels to develop large muscles, but studies have shown that muscular strength can increase 30-50% in as short as a 2 month program, mainly due to neuromuscular factors.

Misconception 3 - Children who train with weights will stunt their growth or reduce bone formation (growth retardation).

Truth - There has never been a report of growth retardation related to strength training. Although bone mass is strongly related to genetics, progressive strength exercises make bones stronger and thus more resistant to injury. Most bone mass is accrued during childhood and adolescence and therefore is the optimum time for enhance musculoskeletal strength and structure. Increased stress placed on a bone either indirectly (from increased muscle strength), or directly (from some form of resistance) causes the bones to adapt and become stronger.

Q: What is a safe age for my athlete to start training?

A: Currently there is no minimum age requirement for doing strength training exercise, children should exhibit adequate emotional maturity in order to understand and follow directions.

Q: My athlete regularly participates in multiple sports, either via practicing or competition, wouldn't that suffice for strength and conditioning?

A: That is great, but they still need a strength training program to ensure balanced muscle development and lower their risk of injury. Sports alone can place excessive stress on an unconditioned musculoskeletal system and can place too little stimuli on some major muscles and too much stress on others - injury, failure, and frustration can result.

KEY POINT - Regular physical activities that involve running, jumping, lifting, balancing, throwing and kicking not only kept athletes bodies healthy, fit and strong, but were also important for cognitive, motor skill and social development.

KEY POINT - In this day and age most kids are glued to tv screens, cell phones and computer screens that they begin living sedentary lifestyles at a young age. These poor habits during childhood and adolescence may increase the risk of developing chronic diseases such as heart disease, diabetes, and osteoporosis later in life.

KEY POINT - Exercise affects the whole body, including the brain. Aerobic exercises cause an increase in the number of capillaries supplying the cerebellum. Learning new skills increases the number of synaptic connections between brain cells.

KEY POINT - Exercise is essential for health, fitness and happiness! But to reap the benefits one has to do the work, and childhood is the best time to develop exercise and other healthy habits.

KEY POINT - During the childhood years there are certain fundamental movements that youths should master, including but not limited to: running, jumping, balancing, hopping, throwing, catching, kicking etc. And if kids do not master these elementary skills it may be harder for them to catch up to their peers and thus may lead them to develop a negative view on physical activities.

KEY POINT - Exercise provides children and adolescents with the skills, knowledge, attitudes, and behaviors that lead to a lifetime of muscle enhancing physical activity.



“Comparing the effects on children of one and two days per week of resistance training, participants who resistance train once per week, average 67% of the strength gains of the participants who resistance train twice per week.”

- Essentials of Strength Training and Conditioning, 3rd Edition, NSCA

A promotional banner with a red background. At the top, it says 'A GIFT FROM US!' in white. In the center, there is a large white '\$100'. At the bottom, it says '\$100 OFF TOWARDS YOUR FIRST 1-1 PACKAGE' in white. The background image shows a person in a gym setting, wearing a t-shirt that says 'DEAD MEN WALKING'.