



**BASEBALL PERFORMANCE  
PROGRAM**



# WHO WE ARE

All of our staff are degreed and certified.

We strive to redefine performance training every day by making sure we are on the cutting edge of research and technology.



# KEVIN HOLLABAUGH, MHA, CSCS, USAW, FMSC, CSAC

## Owner and Program Director



Coach Hollabaugh's coaching experience has taken him from the private sector, to the collegiate setting, to working for two hospital systems before creating the ProForce Sports Performance program in 2014 in Cincinnati, OH. He received his Bachelor's degree in Exercise Science and Master's degree in Healthcare Administration (MHA) from the University of Cincinnati. Upon graduating with his Bachelor's from UC, Coach Hollabaugh received the following credentials: Certified Strength and Conditioning Specialist (CSCS), Level 1 Sports Performance Coach (USAW), and Functional Movement Screen Expert (FMSC). He has continued to add knowledge and redefine sport performance year after year through continuing education and additional certifications. Coach Hollabaugh has trained many individuals ranging from inspiring young athletes to future-hall-of-fame professional athletes, with an engaging, scientific, technique-focused style. He has a background as a multi-sport athlete, and still has a passion for baseball, golf, and sand volleyball. In addition to being the Owner and Director of ProForce Sports Performance, Coach Hollabaugh also currently serves as an adjunct professor for the University of Cincinnati. He currently resides in Cincinnati, OH with his wife Meghan, two sons Mason and Cooper, and dog Crosley.

### **SPEAKING ENGAGEMENTS:**

- International Youth Conditioning Association (IYCA) National Conference - "The Art and Science of Evaluation"
- Northwest Ohio Strength and Conditioning Clinic - "House of Speed"
- Explosive Performance Summit - "Putting it all together (Evaluation to Program Design)"

### **CERTIFICATIONS:**

- CSCS - Certified Strength and Conditioning Coach
- USAW - USA Weightlifting Level 1 Sports Performance Coach
- FMSC - Certified Functional Movement Specialist
- PRI Pelvis Restoration - Postural Restoration Institute
- WMQ1 - WeckMethod Qualified Level 1
- CSAC - Certified Speed and Agility Coach
- CSNC - Certified Sports Nutrition Coach
- CPDS - Certified Program Design Specialist
- CWPC - Certified Weightlifting Performance Coach

# THE PROCESS

STEP 1: SCHEDULE AN EVALUATION



STEP 2: LEARN WHERE YOUR WEAKNESSES ARE



STEP 3: SCHEDULE YOUR FIRST SESSION



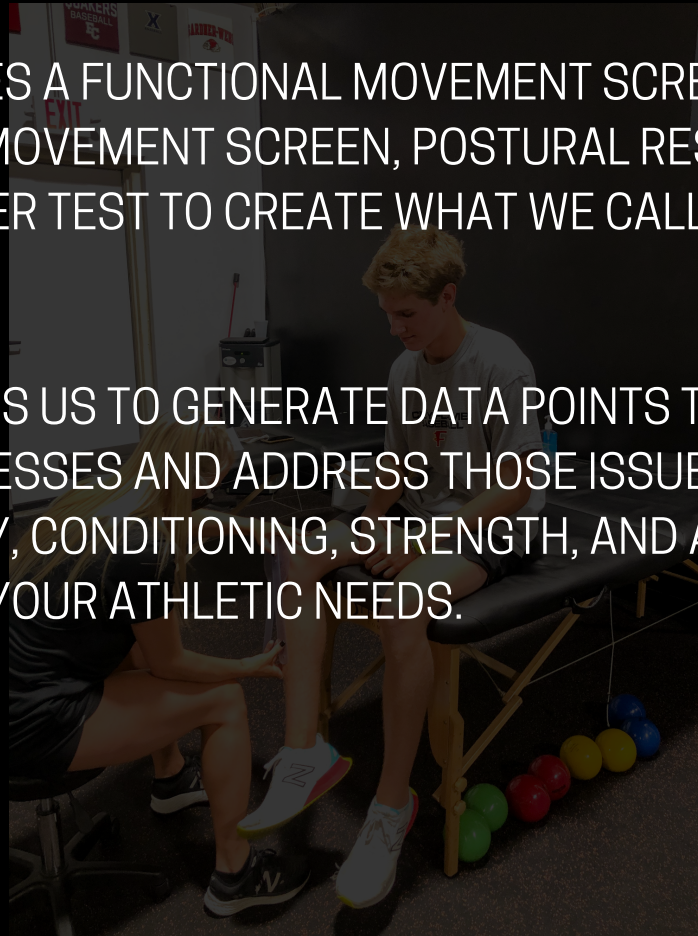
STEP 4: START SEEING RESULTS



## THE EVALUATION

EACH PLAYER COMPLETES A FUNCTIONAL MOVEMENT SCREEN, ORTHOPEDIC SCREENING, SHOULDER MOVEMENT SCREEN, POSTURAL RESTORATION INSTITUTE ASSESSMENT, AND POWER TEST TO CREATE WHAT WE CALL OUR ADVANCED ATHLETIC ASSESSMENT.

THIS EVALUATION ALLOWS US TO GENERATE DATA POINTS TO PINPOINT EACH PLAYER'S EXACT WEAKNESSES AND ADDRESS THOSE ISSUES DURING THE PROGRAM. FROM SPEED AND AGILITY, CONDITIONING, STRENGTH, AND ARM CARE OUR PROGRAM WILL ADDRESS EACH OF YOUR ATHLETIC NEEDS.

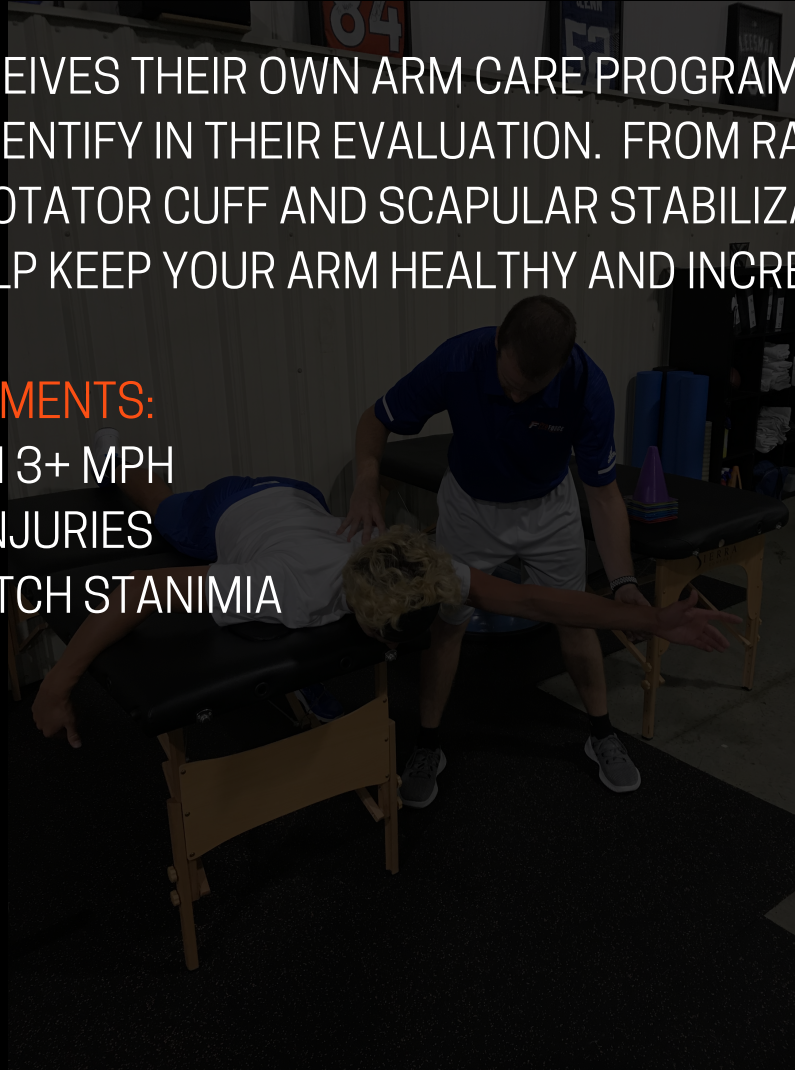


## ARM CARE

EACH ATHLETE RECEIVES THEIR OWN ARM CARE PROGRAM THAT ADDRESSES THE ISSUES THAT WE IDENTIFY IN THEIR EVALUATION. FROM RANGE OF MOTION DEFICIENCIES TO ROTATOR CUFF AND SCAPULAR STABILIZATION ISSUES, OUR ROBUST PROGRAM WILL HELP KEEP YOUR ARM HEALTHY AND INCREASE YOUR VELOCITY.

### AVERAGE IMPROVEMENTS:

- VEOLICITY GAIN 3+ MPH
- DECREASE IN INJURIES
- INCREASE IN PITCH STANIMIA



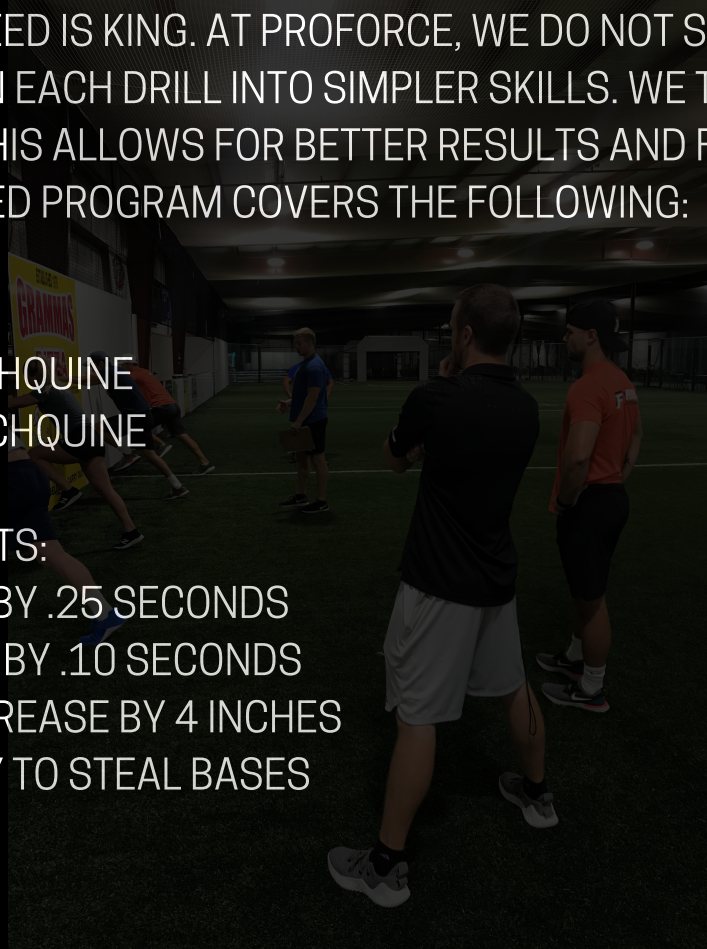
# SPEED AND AGILITY

WE ALL KNOW THAT SPEED IS KING. AT PROFORCE, WE DO NOT SIMPLY TEACH DRILLS, WE ACTUALLY BREAK DOWN EACH DRILL INTO SIMPLER SKILLS. WE TEACH MOVEMENT NOT JUST "SPEED AND AGILITY." THIS ALLOWS FOR BETTER RESULTS AND FOR EACH ATHLETE TO LEARN AT A FASTER PACE. OUR SPEED PROGRAM COVERS THE FOLLOWING:

- MULTI-DIRECTIONAL
- LINEAR
- BASE STEALING TECHQUINE
- 60 YARD SPRINT TECHQUINE

AVERAGE IMPROVEMENTS:

- 60 TIME DECREASE BY .25 SECONDS
- 10 YARD DECREASE BY .10 SECONDS
- VERTICAL JUMP INCREASE BY 4 INCHES
- INCREASE IN ABILITY TO STEAL BASES



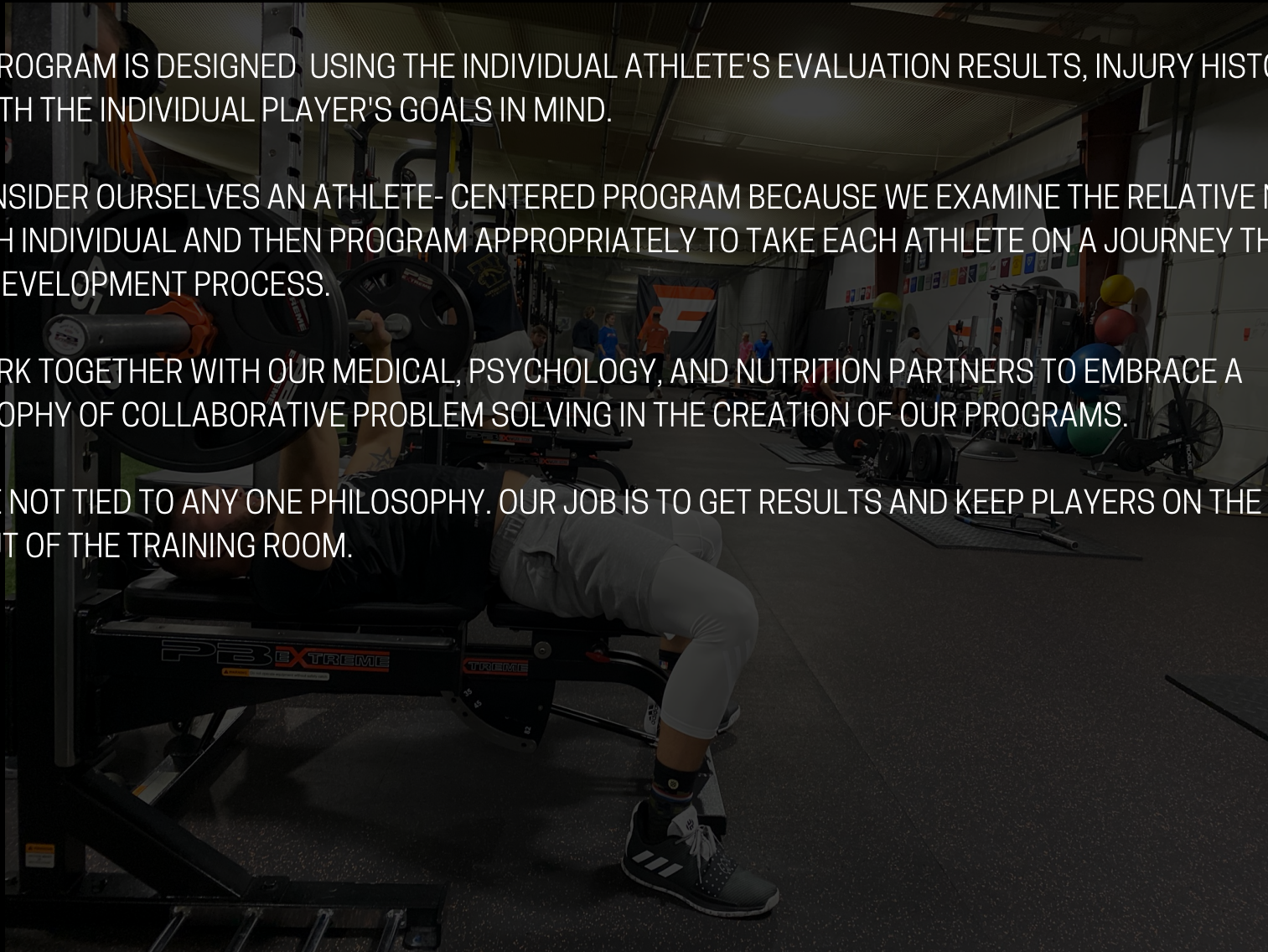
# STRENGTH AND CONDITIONING

EACH PROGRAM IS DESIGNED USING THE INDIVIDUAL ATHLETE'S EVALUATION RESULTS, INJURY HISTORY AND WITH THE INDIVIDUAL PLAYER'S GOALS IN MIND.

WE CONSIDER OURSELVES AN ATHLETE-CENTERED PROGRAM BECAUSE WE EXAMINE THE RELATIVE NEEDS OF EACH INDIVIDUAL AND THEN PROGRAM APPROPRIATELY TO TAKE EACH ATHLETE ON A JOURNEY THROUGH THEIR DEVELOPMENT PROCESS.

WE WORK TOGETHER WITH OUR MEDICAL, PSYCHOLOGY, AND NUTRITION PARTNERS TO EMBRACE A PHILOSOPHY OF COLLABORATIVE PROBLEM SOLVING IN THE CREATION OF OUR PROGRAMS.

WE ARE NOT TIED TO ANY ONE PHILOSOPHY. OUR JOB IS TO GET RESULTS AND KEEP PLAYERS ON THE FIELD AND OUT OF THE TRAINING ROOM.





# ONE STOP SHOP

WE HAVE WORKED HARD TO PARTNER WITH THE RIGHT PEOPLE TO HELP US PROVIDE AN ALL-INCLUSIVE EXPERIENCE. AS PART OF THE #PFFAMILY, OUR ATHLETES HAVE ACCESS TO:

## OUR STATE-OF-THE-ART MILFORD TRAINING FACILITY

- TWO 60 FOOT PULL CAGES
- OPEN 105 FOOT BY 60 FOOT FIELD FOR HITTING AND FIELDING WORK
- PITCHING LAB WITH RAPSODO
- 105 YARDS OF OPEN TURF SPACE TO LONG TOSS
- \*NOVACARE REHABILITATION FOR PT WORK AND DRY NEEDLING
- \*NOVACARE REHABILITATION'S VISION TRAINING PROGRAM



## **CONVENIENT TRAINING OPTIONS**

**MILFORD, OHIO (5999 MEIJER DRIVE)**

**RGB (7950 E KEMPER RD)**

**NKY (3785 LAKE PARK DRIVE)**

**OR**

**REMOTE VIA OUR APP**

**\*With our remote program we will still conduct an evaluation in-person or virtually**

# # FAMILY

**Charlie Leesman - White Sox**

**Jared Ruxer - Angels**

**Seth Varner - Reds**

**Nick Cunningham - Orioles**

**Joel Bender - Reds**

**Matt Marksberry - Braves**

**Erik Swanson - Mariners**

**Teddy Andrews - White Sox**

**TJ Weir - Padres**

**Chad Sedio - Tigers**

**Garret Schilling - Rockies**

**Bryan Hoeing - Marlins**

**Jarrett Rindfleisch - Tigers**

**Keegan Fish - Marlins**

**Dan Rizzie - Mets**

**Adam Engel - White Sox**

**Zach Logue - Blue Jays**

**Andrew McDonald - Reds**

**Leo Seminati - Reds**

**Riley Mahan - Marlins**

**Nick Bennett - Brewers**

**Sam Bordner - Marlins**

**Greg Jacknewitz - Giants**

**AJ Bumpass - Reds**

**Zade Richardson - Cardinals**

**Peyton Burdick - Marlins**

**Blake Tiberi - Mets**

**Wes Noble - Tigers**

**Rodney Hutchison - Yankees**

**Brent Suter - Brewers**

For a look inside our program, visit:

<https://vimeo.com/446599311>

# # FAMILY



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