

# The Fort Bend Texans Sports Association a 501(c)(3) nonprofit corporation

"Better baseball, Better men"



January 9, 2009

Dear Parents and Guardians:

Thank you for participating in the Fort Bend Texans Sports Association (FBTSA) and Velocity Sports Performance (VSP) 2009 Spring Training Program.

Just a few comments in regard to the program.

VSP training will include the following:

- **Baseball specific Dynamic Warm-Up**
- **Baseball specific linear speed & agility training**
- **Explosive rotational core development**
- **Baseball specific strength and power development**
- **SPARQ testing which evaluates each player in 5 different physical categories and provides a written print-out**
- **Sports Medicine Clinic**

FBTSA training will include the following:

- **Batting practice on Tuesdays and Thursday nights**
- **Pitching practice on Thursday nights**

There are a few general guidelines that you should be aware of at the VSP facility:

- **No sunflower seeds allowed**
- **No food or drink allowed in the training areas, including batting cages**
- **No tobacco products of any kind allowed**
- **No cleats allowed (turf or tennis shoes permissible)**
- **No parents allowed in the training or batting cage areas. There is a parent lounge available for viewing of all activities. Please observe the roped off areas.**

On a final and important note, we need to get a count of who and on what night you will be participating in the speed and agility training. Be it Tuesday or Thursday, we need to know which night you will be attending. We need this information by Sunday, Jan. 11th. Additionally, please be sure to observe and follow age practice schedules that are posted on the website.

Regards,

Coach Carter