

8-WEEK ELITE CURRICULUM

# SUMMER DEVELOPMENT PROGRAM

Aroldis Chapman  
"The Cuban Missile"

PITCHING & POSITION PLAYER DEVELOPMENT



HLBPITCHING.COM

# PERFORMANCE & DATA TRACKING

- *Biometric Scan & Body Composition Tracking*
- *Movement Analysis & Injury Prevention Screening*
- *VALD Force Plates (Force & Power Output)*
- *TrackMan Pitching Analysis*
- *Personalized Athlete Reports & Progress Reviews*

**This elite 8-week development program is designed for Middle School through College athletes, integrating the 4 Pillars to Peak Performance:**



**ELITE TECHNICAL  
SKILLS**



**ELITE  
MINDSET**



**ELITE  
CONDITIONING**



**ELITE NUTRITION  
AND RECOVERY**

Athletes will train in a structured, high-performance environment using a data-driven approach to maximize performance and long-term development.

POWERED BY THE T4F

**DIAMOND SYSTEM™**

# WEEKLY TRAINING SCHEDULE

## FOCUS

Mon - Thu:  
Technical & Performance

Friday:  
Technical Application & Recovery

Day	Location	Time
Monday	The Hive Performance & Kings of Catching	8:00 AM - 12:00 PM
Tuesday	Tequesta Trace Field A/B	8:00 AM - 12:00 PM
Wednesday	The Hive Performance & Kings of Catching	8:00 AM - 12:00 PM
Thursday	Tequesta Trace Field A/B	8:00 AM - 12:00 PM
Friday	Tequesta Trace Field A/B	8:00 AM - 12:00 PM

## PROGRAM STRUCTURE

**Cycle 1:** June 8 - July 3

**Cycle 2:** July 13 - August 7

ONLY 24  
ATHLETES  
PER CYCLE!

## TRAINING LOCATIONS

### Tequesta Trace Park

600 Indian Trace  
Weston, FL 33326  
United States

### The Hive Performance

10392 W SR-84 Unit 114  
Davie, FL 33323  
United States

### Kings of Catching

10404 W SR 84  
Suite 105 Davie, FL 33323  
United States

# PROFESSIONAL PITCHING KNOWLEDGE. REAL GAME RESULTS.

Led by Héctor Berríos and Cesar Dewindt, this summer development program provides elite instruction, advanced pitching strategy and personalized feedback to help pitchers reach the next level.

## Ronald Bolaños

Right-handed Pitcher San Diego Padres



"Meeting Hector Berrios was a life-changing experience that transformed me from a position player in Cuba to a Major League pitcher in September of 2019 with an increased velocity of 99/100 mph. Hector taught me everything about pitching from A to Z and I learned so much in such a short period of time."

**SAVE 10%**  
**ON SUMMER**  
development program  
by **registering now!**

Registration Deadline:

**May 26, 2026**

higherlearningbaseball@gmail.com  
561-288-0902

**FLEXIBLE PAYMENT  
OPTIONS AVAILABLE**

**VALID FOR STEP UP PROGRAM MEMBERS**

