

Power²

Athletic Performance[®]

PowerSoftball

Power Softball is an eight-week preseason training program for girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of softball. Power Softball training sessions include:

Speed Training

Get around the bases with more speed and acceleration. Our expert performance coaching staff will help you develop better base running skills through explosive starting speed, improved first-step quickness and lightning fast acceleration.

Power Training

Take that 2-0 riser over the center field fence with Power Softball. Hit the ball harder by generating more power and bat speed. Improve your leg strength, arm strength and total body power with our innovative preseason softball program.

Strength Training

Strength is the foundation of all athletic ability. The Certified Strength and Conditioning Specialists[®] of Power² Athletic Performance have created a softball strength training program second to none and will help you maximize your softball playing potential.

Injury Reduction Training

Nobody wants to be sidelined with an injury. If an injury does occur, stronger, better conditioned athletes recover faster. The athletic performance team at UW Health Sports Medicine has created a program that will improve your shoulder integrity through better mobility, stability and strength and keep you healthy all season long.

Other Training Options:

- Individual Training
- Team Power Softball Training
- 20 week Total Performance Training
- Strength & Power Training

UWHealth

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Sports Medicine



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