

# BASEBALL/SOFTBALL TRAINING



## OTAC DIVERGENT PERFORMANCE

delivers elite caliber training designed to give your athlete an edge — on and of the field. Individual, partner, trio and quad sessions focus on:

- Pitching, hitting, catching and fielding
- Functional movement
- Improving speed, strength, flexibility and agility
- Injury prevention

Opportunities available for athletes ages 7+

**SESSIONS AVAILABLE FOR PURCHASE AT THE FRONT DESK. SPACE RENTAL AVAILABLE UPON REQUEST. TEAM TRAINING AVAILABLE. SPEAK TO A COACH TO LEARN MORE.**

## INDIVIDUAL 30/60 MIN

Single	\$50/\$95
5 Sessions	\$240/\$450
10 Sessions	\$450/\$850
20 Sessions	N/A/\$1,600

## PARTNER 60 MIN

Single	\$60
5 Sessions	\$290
10 Sessions	\$550

## TRIO 60 MIN

Single	\$45
5 Sessions	\$210
10 Sessions	\$400

## QUAD 60 MIN

Single	\$40
5 Sessions	\$190
10 Sessions	\$350

# OUR COACHES

## MEET Coach Chris Forsten



Chris graduated from the College of William & Mary with a B.S. in Kinesiology. He served as the W&M baseball team catcher and was a three-time captain. During his career, Chris started in 171 of 182 games, and still holds the school record (73) for most runners caught stealing. As a freshman, he earned All-CAA Rookie Team accolades before garnering preseason all-league accolades as a sophomore and junior. Chris also worked as a physical therapy technician with Tidewater Physical Therapy, where he learned a great deal about injury and injury prevention. He is excited to continue his training, education, and instruction in the northern Virginia region and to spread his love and knowledge of baseball.



## MEET Coach Russell Hill



Russell graduated with a B.S. in Kinesiology from Longwood University, where he played for the school's NCBA baseball team. He was a starting infielder for three years and was team captain his junior and senior years. With a .369 career batting average, Russell helped lead the Lancers to three consecutive conference titles, three national top-10 finishes, one regional title, and the program's first ever trip to the NCBA World Series. He was also the assistant head varsity softball coach at Kettle Run High School for three seasons, where he helped the team to its best record in the school's history and first ever conference title.



# OUR COACHES



## MEET Coach Marissa Croson



Marissa played softball and basketball at Fauquier High School and continued her academic career at Longwood University, where she played for the Club Softball team and graduated with a Bachelor's Degree in Kinesiology, with a minor in Psychology. Marissa has been coaching several Jr. Performance classes, Intro to Strength classes, helping out with the Strength Performance classes, and coaches softball lessons for youth girls!