INTRODUCING

OTAC DIVERGENT PERFORMANCE

OTAC DIVERGENT PERFORMANCE delivers elite caliber training designed to give your athlete an edge — on and off 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+.

TRAINING PACKAGES AND RATES

INDIVIDUAL TRAINING
60 MINUTES (30 minute sessions available)

$85	Single Session
$400	5 Sessions
$750	10 Sessions
$1,400	20 Sessions

TRIO TRAINING
60 MINUTES • PRICE PER ATHLETE

$45	Single Session
$200	5 Sessions
$375	10 Sessions

PARTNER TRAINING
60 MINUTES • PRICE PER ATHLETE

$60	Single Session
$275	5 Sessions
$500	10 Sessions

QUAD TRAINING
60 MINUTES • PRICE PER ATHLETE

$40	Single Session
$175	5 Sessions
$325	10 Sessions

SESSIONS AVAILABLE FOR PURCHASE AT FRONT DESK.

Space rental available upon request.

Team training available. Speak to a coach to learn more.

MEET THE INSTRUCTORS

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.

RUSSELL HILL JR.

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.

MATT DAVENPORT

Matt graduated from the College of William & Mary with a B.S. in Kinesiology. In 2012, he was drafted into the Minor Leagues and pitched for the Detroit Tigers for four years. While at W&M, Matt received honors that include CAA Pitcher of the Year, two CAA First Team placements, 2011 Preseason All-American, and the lowest two single-season ERAs in W&M history. Matt brings a strong love for baseball as well as a hope to give back to a game that has been a huge part of his life.

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