

JOEY MYERS

www.hittingperformancelab.com

"Swinging Smarter by Moving Better"



- Played 4-years Division 1 baseball at Fresno State from 2000-2003
- **Spent 15+ years training people in corrective fitness industry**
- Certified: National Academy of Sports Medicine (NASM), Corrective Exercise Specialist (CES), Functional Muscle Screen (FMS), Youth Fitness Specialist (YFS), Yogafit
- **Member of: American Baseball Coaches Association (ABCA), Society of American Baseball Research (SABR), International Youth & Conditioning Association (IYCA), & the Positive Coaching Alliance (PCA)**
- Over 15,500 coaches, instructors, and parents invested in our online video courses and books, including our 2017 #1 Amazon best selling book “The Catapult Loading System: How To Teach 100-Pound Hitters To Consistently Drive The Ball 300-Feet”
- **Over 31,000 Facebook “Likes” on our fan page!**
- Joey Myers has been a member of Toastmasters since 2012, and currently holds the following designations: Advanced Communicator Silver (ACS) & Advanced Leadership Bronze (ALB)

What People are Saying...

"My son is 12 and I have used some of the teaching the Hitting Performance Lab are posting on here and **my son hit the ball over 280 feet several times already in the game not just practices and also hit the fence on the fly on 300 feet field**, so what this guy is teaching works, a least for my son...He weighs about 110 now, but what I have noticed is how consistent his power has become thank you so much for your help, I played 10 years of professional baseball and I wish I could of used some of this advice." – **Sandy Arcena** (via email)

"I like what you bring to the hitting world. You speak of things that are not normal hitting talks. The way the body works. I coach 12u Softball and Varsity Softball. First thing I have any hitter do is hit 5 their way. With small tweaks that I learned from catapult hitting systems. **Minimum of 10-mph was added to exit velocity**. What you say/teach works." – **Jared Rehm** (via email)

"Hey Joey, first, thanks for the course on hitting. My 12 year old has always been a solid hitter but after working the PPD stuff he **has started hitting the ball over the fence on the big field at 315 ft to center**. It has taken a few months work but well worth it, as he is seeing the results of the work and his teammates and coaches on his new travel team are amazed at the bombs flying out there. He's 5'3 and 120 pounds. I think the key has been getting low and turning the numbers and releasing. He always had trouble with the low strike, and he's stoked to now be on plane for that one as well now." – **Greg Del Mar** (via email)

"Thank you Coach! Your stuff is great! My son got his **first home run 2 weeks after reading your book**. Keeps getting more and more distance now." – **Michael Roberson Jr.** (via email)

"Want to give a big thanks to Joey Myers – Hitting Performance Lab. I've read a few of your books, great stuff. My son changed his swing in the off season. **Now he leads batting average, homeruns, rbi's**. By the way, we played in a wooden bat tournament. One of two kids to homer with a wood bat. Thanks again." – **Joe Harris** (via email)

"**My 70-pound 11 year old hit one over 200 fence today**. Joey studies what the best do and uses research to back it up. If you don't agree with him that's fine, teach to swing down and through and read Charlie Lau like I did as a kid. My 75lb son is learning to hit in the air and can hit 3x his body-weight in distance." – **Brandon Lewis** (via Twitter & Facebook)

"**You're the first I've seen to successfully articulate and adopt human movement into anything practical**. What you've put together is very impressive. Most of what I've come across, even from those in the profession that understand human movement are assessment methods and tools to analyze movement and posture only to sell a few methods to correct dysfunction issues. Few are willing or able to explain human movement the way you have. These principles are the key for both performance and injury management. I appreciate the time and effort you put in to help those looking to perfect their craft and for those of us out there trying to help them." – **H. Orlando James**

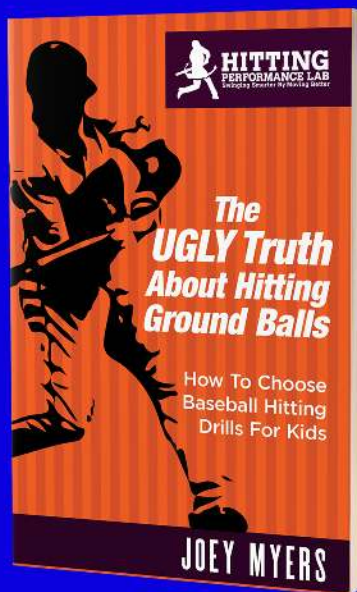
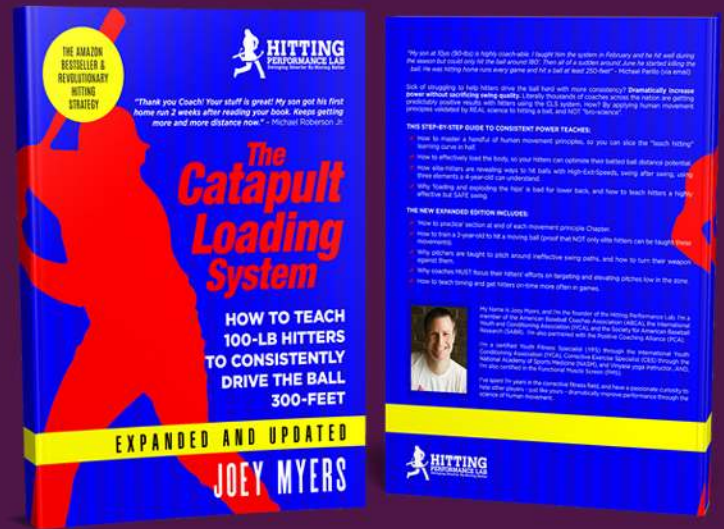
"F\$%* you are really informed Joey...I'd say you are better at being a swing coach now than you ever were as a hitter.....meaning you were top notch then but **now you are at hall of fame level stuff!!**" – **Rob Suelflohn** (via email)

"Your new videos are awesome. Your product is becoming **one of the best on the internet for sure!**" – **Andy Rando** (via email)

Speech Topics

The Catapult Loading System

How to Teach 100-Pound Hitters to Consistently Drive The Ball 300-Feet



The UGLY Truth About Hitting Ground Balls

How to Choose Baseball Hitting Drills For Kids

Fortnite May Be Dangerous To Building Hitters Who Crush



INTERNATIONAL
YOUTH CONDITIONING
ASSOCIATION

The Leaders in Youth Fitness & Athletic Development Education



Contact Us

You can contact us in the following ways:

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Thank you for your time in
reading this, and I'm looking
forward to connecting soon!