

Thank you for purchasing the **Complete Competitor Team Package**. This package not only has the entire Jaeger Sports Program, but it also contains insights and personal experiences from the Jaeger Sports Team. Below you will find the links to the videos and digital downloads that you have purchased.



- [Watch Welcome to the Complete Competitor Package](#)

Thrive on Throwing

Thrive on Throwing is the entire Jaeger Sports Arm Care Program. The Jaeger Sports Team goes through all 3 phases of the Arm Care Program including the Arm Circles, J-Bands™ and Long Toss Throwing Program. This is essentially what we would do in a one-on-one lesson or a Jaeger Sports Clinic.



- [Watch/Download The Thrive On Throwing Intro Video](#)
- [Watch/Download The Thrive On Throwing Video](#)
- [Download The J-Bands™ Baseball Exercise Sheet](#)
- [Download The J-Bands™ Softball Exercise Sheet](#)

Lower Body Core Program

For decades Jaeger Sports has been known for our J-Bands™ and our 11 Exercise J-Bands™ Routine for Arm Care and Conditioning. We have taken the same philosophy and applied it to a 9 Exercise Lower Body and Core Program. This is a great routine to supplement our Arm Care and Conditioning Program and can be utilized all year long.



- [Watch/Download The Lower Body Core Program Video](#)
- [Download The Lower Body Core Program Exercise Sheet](#)

Year Round Throwing Manual

The Jaeger Sports Year Round Throwing Manual is a template on how to properly implement an Arm Care and Conditioning Program all year long. Alan Jaeger has taken his three plus decades of teachings and put them into a manual to help anyone navigate their Arm Care throughout 365 days.



- [Watch/Download The Year Round Throwing Manual Intro Video](#)
- [Download The Year Round Throwing Manual eBook](#)

Mind / Body Awareness

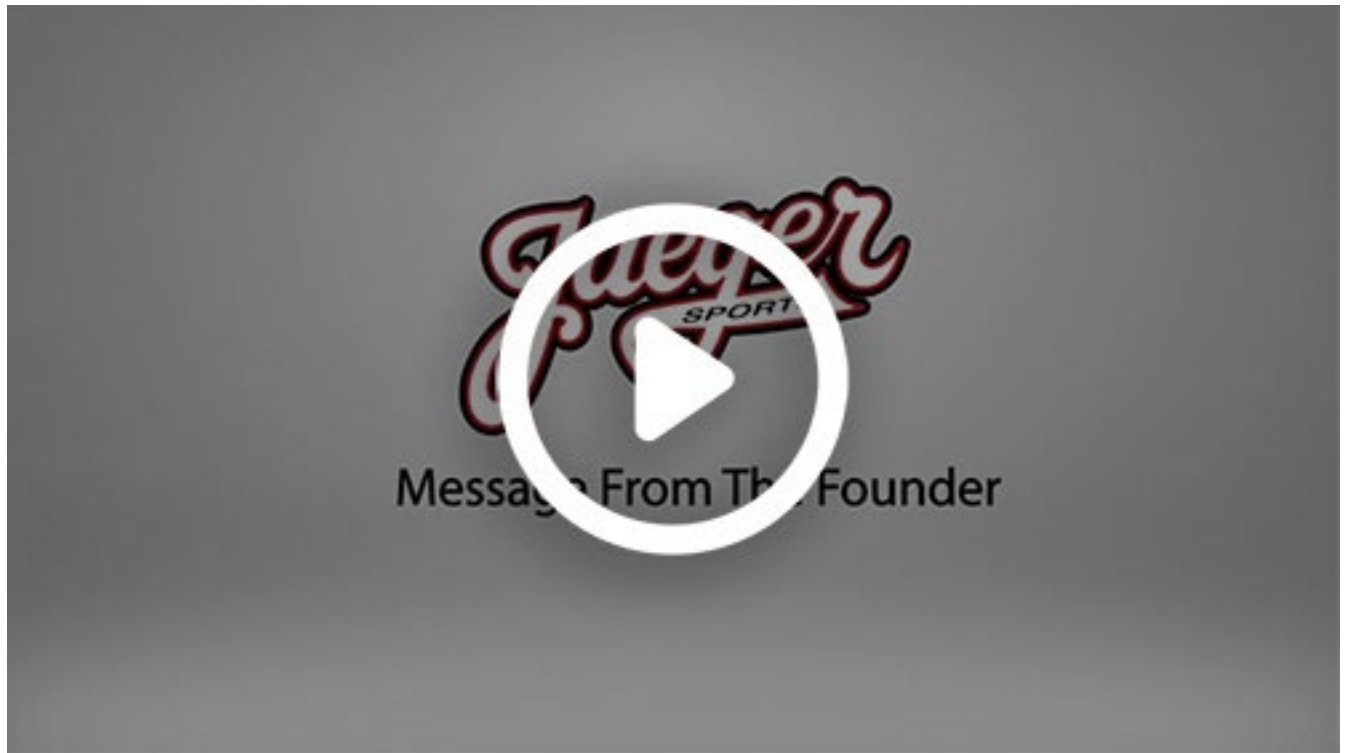
While Jaeger Sports is widely known for our Arm Care and Conditioning Program, we also spend a tremendous amount of time with our athletes stressing the importance of Mental Training and the Mind/Body Connection. Whether it is a focused stretching routine, meditation and breathing exercises, or visualization, a proper Mental Training Routine and Process is imperative for putting an athlete in a position to succeed.



- [Watch/Download The Mental Training Intro Video](#)
- [Watch/Download The Stretching and Breathing Video](#)
- [Download The Getting Focused Staying Focused eBook](#)

Message From The Founder - Alan Jaeger

Enjoy this message from the founder of Jaeger Sports, Alan Jaeger. Alan gives you insights into the birth of Jaeger Sports as well as an in-depth look only he can give about the history and progression of the program.



- [Watch/Download The Message From The Founder Video](#)

Thank you again for purchasing the Complete Competitor Team Package! Consider this your digital library to the Jaeger Sports Program. This is a reference that you can come back to over and over as you implement the Physical and Mental Skills learned in the program. Remember to Be Present and Trust The Process!