



## THE ULTIMATE PITCHING PROGRAM

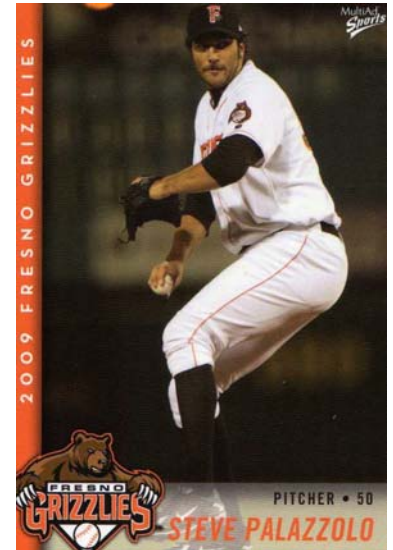
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The **Ultimate Pitching Program** will be offered in February to help pitchers get stronger and throw harder during the season.

The most complete pitching program in the area includes **The Advanced Throwing Program**: a 9-step throwing process with proven success.

### Participating athletes can expect to:

- Improve pitching mechanics to **MAXIMIZE** velocity and control
- Learn proper curve ball and change-up grips
- Improve core strength, total body strength, and conditioning for **EXPLOSIVE** power
- Learn proper arm care to prevent injury
- Use video analysis for comparison to MLB pitchers
- Ultimately, become a better athlete who can throw harder and longer



**Program Starts Tuesday, February 8th**

4 Week Session: Tuesday, Thursday 4pm-530pm

**\*\* Limited Space Available, Sign Up Now!! \*\***

Non-Members \$280/ Members \$250
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**\*\*\*The only way to maximize pitching ability is to get more athletic. Become a more complete pitcher today!\*\*\***