

BACK BY POPULAR DEMAND!

Fall/Winter Arm Strength & Velocity Program:



Participants: Pitchers, catchers and position players
Ages: 9 - 18 years old
Dates: 6 Week Sessions - See Below for Schedule
Price: \$300 per session (Choose One Day)
Class Size: 12 students per class

Professional pitching instruction

Coach AJ Fagan - is a former minor league pitcher with the Pittsburgh Pirates and has 10 years of professional coaching experience.

Throwing is a lost art. Throwing isn't something that we should do "just" to get our arms loose. Throwing should be done to maximize that skill, to develop it like any other skill to be a strength rather than a potential career threatening weakness.

There isn't any reason why a player should have a chronically sore, weak, or injury prone arm. If the arm would get the same kind of attention that our hitting, defense or pitching gets than it too would have a chance to thrive on a daily basis. Unfortunately, most baseball players neglect their arms or take them for granted.

The reality of it is that a baseball player needs to have a strong, well conditioned and healthy arm to play baseball. Period. There is no substitution. Baseball players can simply not afford to allow their arm to be a liability it must be an asset. In case you forgot, you can't play baseball if you can't throw a baseball. For example, how many players do you know that are drafted as Designated Hitters? How many pitchers do you know that are drafted out of a rehab facility?

Well I have news for you your arm is your life line if you are a baseball player no matter what position you play. If you question this at all then why do you think that scouts have an entire section on their player information cards devoted to arm strength, accuracy, mechanics etc It's because it is an integral part of your package as a player. It can be the deciding factor as to whether your arm allows you to move on to the next level (by maintaining its skill level relative to your other skills).

On the other hand wouldn't it be nice to show up to the field every day and appreciate your arm , I mean really love to throw, love taking a pre-game infield/outfield everyday, love putting your arm on display, love throwing the ball with authority through (not to) the cutoff man's target, from deep in the hole, when turning the double play, from behind the plate??? Wouldn't it be nice if the arm thrived on throwing everyday?

The arm is a skill and like any other skill it just needs committed attention. However, as long as we neglect this area of the game we are going to be limited as players. What could easily become an asset in this wonderful game can ultimately become a liability and limit your baseball career.

Though we haven't grown accustomed to putting this much emphasis on throwing you now have been given an opportunity to make a difference. Your arm can either complete you as a player or something that you try to hide.

The following arm strength and conditioning program is designed to build a strong base or foundation in the off-season (Fall/Winter), and to establish a maintenance program in season (Spring) through arm circles, surgical tubing, mechanics and a committed long toss throwing program.

Crossover Symmetry

- We will be using this medically designed rotator cuff and scapular strengthening system to enhance shoulder health and performance, as well and build velocity.

Y-T-I program

- This program is a series of shoulder movements while using 2-5 lbs weights. The weights will create shoulder stability for the small muscles surrounding the rotator cuff.

Professional long toss program

- This will be a progressive long toss pushing the boundaries of our arms each week
- When it comes to arm strength, distance=Velocity!

Throwing with our lower half

- The Importance of our legs and how to use them properly to get more from our arm

Core strength & conditioning

Wrist and forearm strengthening

Video analysis of each individual player

MPH analysis each week

Program Schedule



Fall Session I

**7:00 - 8:00 PM Tuesday and Thursday
and 10:00 - 11:00 AM Saturday**

Tuesday 11/1, 11/8, 11/15, 11/22, 11/29, 12/6

Thursday 11/3, 11/10, 11/17, 11/24 Thanksgiving so either Tues or Sat this week, 12/1, 12/8

Saturday 11/5, 11/12, 11/19, 11/26, 12/3, 12/10

Winter Session I

7:00 - 8:00 PM Tuesday and Thursday ONLY

Tuesday 12/20, 12/27, 1/3, 1/10, 1/17, 1/24

Thursday 12/22, 12/29, 1/5, 1/12, 1/19, 1/26

Winter Session II

**7:00 - 8:00 PM Tuesday and Thursday
and 10:00 - 11:00 AM Saturday**

Tuesday 2/7, 2/14, 2/21, 2/28, 3/7, 3/14

Thursday 2/9, 2/16, 2/23, 3/2, 3/9, 3/16

Saturday 2/11, 2/18, 2/25, 3/4, 3/11, 3/18

Spring Session I

**7:00 - 8:00 PM Tuesday and Thursday
and 10:00 - 11:00 AM Saturday**

Tuesday 3/28, 4/4, 4/11, 4/18, 4/25, 5/2

Thursday 3/30, 4/6, 4/13, 4/20, 4/27, 5/4

Saturday 4/1, 4/8, 4/15, 4/22, 4/29, 5/6