BACK BY POPULAR DEMAND!

Fall / Winter Arm Strength & Velocity Program:

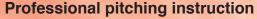
Participants: Pitchers, catchers and position players

Ages: 12 - 18 years old

Dates: 6 Week Sessions - See Below for Schedule

Price: \$300 per session (Choose One Day)

Class Size: 12 students per class



Instructor: AJ Fagan

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

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

MPH analysis each week

Session 1 (Choose 1 Day)		Session 2 (Choose 1 Day)		Session 3 (Choose 1 Day)	
Mondays	Wednesdays	Mondays	Wednesdays	Mondays	Wednesdays
11/13	11/15	1/8	1/10	2/19	2/21
11/20	11/22	1/15	1/17	2/26	2/28
11/27	11/29	1/22	1/24	3/5	3/7
12/4	12/6	1/29	1/31	3/12	3/14
12/11	12/13	2/5	2/7	3/19	3/21
12/18	12/20	2/12	2/14	3/26	3/28
All sessions are 7p - 8p for Ages 12-18					

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