

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

Professional pitching instruction

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					