

WINTER PROGRAMS

with Former Professional Player Ryan O'Sullivan



RYAN O'SULLIVAN

- Drafted in 10th round by San Francisco Giants in 2008 out of high school
- Played shortstop and pitched at San Diego State University for Hall of Famer Tony Gwynn
- Drafted in 4th round by the Los Angeles Dodgers in 2011
- Traded to the Philadelphia Phillies in 2012
- Played 5 seasons of professional baseball
- Current Badgers Showcase Team Head Coach

TUESDAY NIGHT THROWING PROGRAM

**Arm Strengthening Drills
Mechanical Work
Arm Care**

Starts November 11th
12 and under 5:30-6:30 PM
13 and older 6:30-7:30 PM
Cost \$30

SUNDAY MORNING HITTING PROGRAM

**Tee Drills
Flip Drills
BP**

Starts November 16th
12 and under 9:00-10:00 AM
13 and older 10:00-11:00 AM
Cost \$30

Where:

217 E Jarrettsville Rd, Unit 4
Forest Hill, MD 21050

**Contact Ryan O'Sullivan
to sign up weekly:**
ryan@thebaseballwarehouse.com

14 SPOTS PER SESSION!!!

