

presents

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 5

12 and under 5:30-6:30

13 and older 6:30-7:30

Cost \$30

SUNDAY MORNING HITTING PROGRAM

**Tee Drills
Flip Drills
BP**

Starts November 10

12 and under 9-10am

13 and older 10-11am

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!!!

