

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 14**  
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 19**  
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](mailto:ryan@thebaseballwarehouse.com)**

**14 SPOTS PER SESSION!!!**

