

VELOCITY ENHANCEMENT with ARM CARE

Are you preparing for the speed of the game at your next level? The speed of the game dictates that Velocity is crucial for playing at the higher levels. Velocity is NOT only for pitchers. Making 'Laser Throws' is important at every position. If you want your instruction & training to be objective in enhancing how hard you throw, then read on. Program is **2 x week for 8 weeks**. Sundays 3:30-5:00 & Wednesdays 5:30-7:00.

\$100. Only \$6.25 per session. LIMITED to first 20 players. This Program is designed to build Arm endurance while enhancing the ATP-CP energy system that the body uses for explosive movements required in baseball. Results are dependent on the effort put into program. **EFFORT is the KEY!!**

Plyo Ball Wall Smashes - Plyo Ball Ballistic Throws - Overload Ball Throws - Velocity Rope Exercises Bands - Body Weight Exercises combined with Sprints + other challenging exercises.

Sun - Jan 20; 3:30-5:00 [Baseline Velocity w Radar]

Wed - Jan 23; 8:00-9:30

Sun Jan 27; 3:30-5:00

Wed Jan 30; 8:00-9:30

Sun Feb 3; 3:30-5:00

Wed Feb 6; 8:00-9:30

Sun Feb 10; 3:30-5:00

Wed Feb 13; 8:00-9:30

Sun Feb 17; 3:30-5:00

Wed Feb 20; 8:00-9:30

Sun Feb 24; 3:30-5:00

Wed Feb 27; 8:00-9:30

Sun Mar 3; 3:30-5:00

Wed Mar 6; 8:00-9:30

Sun Mar 10; 3:30-5:00

Wed Mar 13; 8:00-9:30 [Velo Check w Radar]

