

# ARM FARM PROGRAM

## What it Entails:

- Velocity Development
- Individualized Mechanical Analysis
- Pitch Design
- Identifying Pitcher-Specific Movement Patterns
- Training Rotational Strength
- Arm Care/Arm Health
- Weight-lifting + Plyometrics

**The most comprehensive pitching program in the area!**

**Run by Coach Bill Bethea, owner of PPH Baseball & former professional pitcher, 20 years experience in arm care and velocity enhancement.**

**ONLY: \$1500**

### **SCHEDULE:**

***November 8 - March 2***

**Tuesdays 8:30pm-10:00pm Mechanics & Lift @ Brunswick**

**Wednesdays 8:00pm-9:30pm Explosive Movements/Velocity Training/Plyometrics @ Brunswick**

**Saturdays 9:00am-11:00am Mechanical Deficiencies & Plyos @ Brunswick**

**Sundays 11:00am-1:00pm Lift @ Brunswick**

