

IN SEASON ARM FARM PROGRAM

WHAT IT ENTAILS:

- IN SEASON ARM CARE
- VELOCITY MAINTENANCE
- PITCH DESIGN
- CONTINUOUS BLENDING FROM DRILLS THROUGH MECHANICS
- IDENTIFYING PITCHER SPECIFIC MOVEMENT PATTERNS
- IN SEASON CONDITIONING FOR MAINTENANCE
- WORKING AROUND YOUR SCHOOL PITCHING CYCLES

AGES 13-17U

SCHEDULE: APRIL 3 - MAY 25

WEDNESDAYS - 8PM-10PM

SUNDAYS - 6PM-8PM



\$640