

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

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

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

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

