



THE QUEST FOR 90 MPH

It is the magic number in baseball. It is and should be every player's dream. Of the 6.6 billion people in the world, less than 2% can or will ever be able to throw a baseball 90 miles per hour.

How hard are you willing to work to be one of them?

The Strike Zone would like to invite serious players 14 and older to participate in a program developed to help increase throwing velocity and endurance. The program developed by Coach Jerry Kreber is currently being implemented into the off season training program of the Houston Astros minor league pitchers led by their Major League Pitching Coach Dewey Robinson.

TAKE YOUR GAME TO THE NEXT LEVEL



FOR SERIOUS PLAYERS ONLY

Being physically talented is not enough. Being able to perform all the right techniques and strategies is not enough to guarantee success. The key to being a successful baseball pitcher is to develop all of these traits:

- Increase overhand throwing velocity 3-5 MPH
- Improve lower body strength and explosiveness
- Enhance the throwing arm's health and durability
- Develop advanced flexibility in the upper and lower body
 - Learn and perform "Power" mechanics

and become mentally strong enough to handle any situation that comes your way. The most important thing to increase velocity is to work on torque in the core. **Learn how to develop balance, pitching specific fitness that instantly translates into more success and better velocity on the mound.**

\$180

8:00

24 sessions for only \$180.00

9:00

\$180

Classes will run December-February so
Session That you will be ready for tryouts in March. Session

THROW
DATES

DECEMBER
7,14,21,28

JANUARY
10,17,24,31

FEBRUARY
7,14,21,28

Name: _____ Age: _____

Member #: _____ Email: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

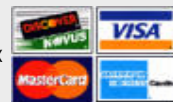
Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____

Signature _____



WORKOUT
DATES

DECEMBER
2,9,16,30

JANUARY
6,13,20,27

FEBRUARY
3,10,17,24

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