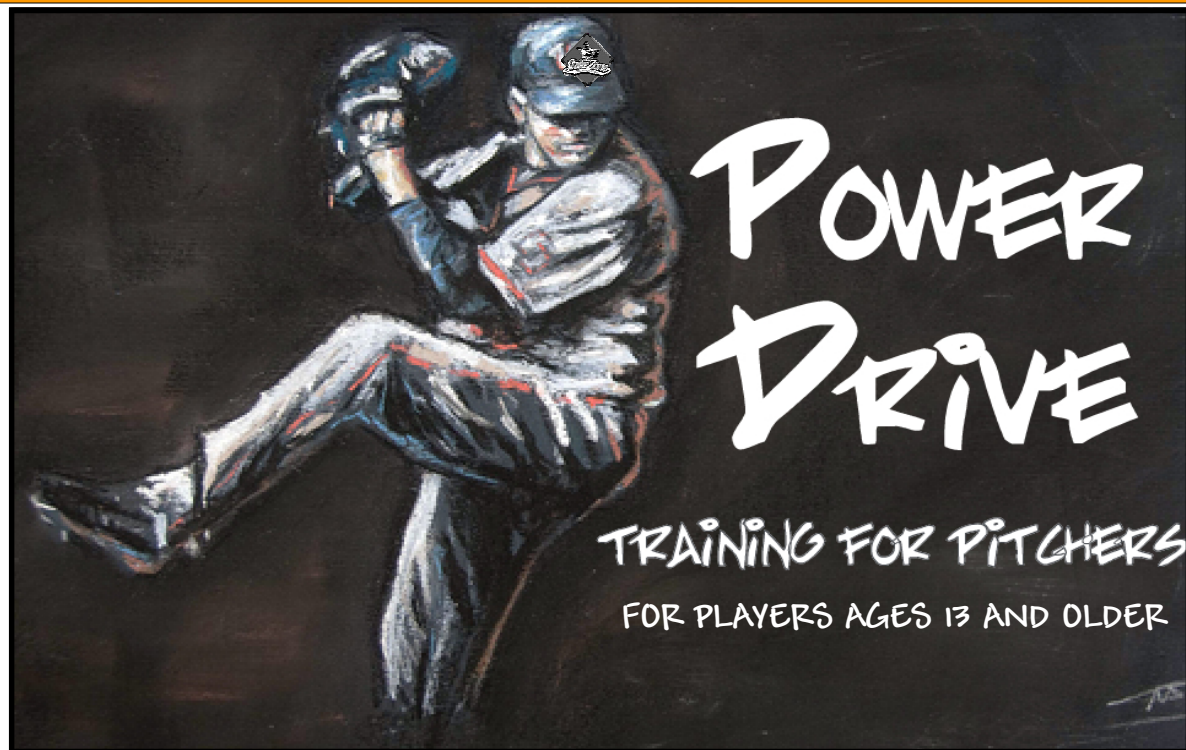




POWER DRIVE TRAINING

PITCHERS POWER DRIVE USED BY COLLEGES AND PROFESSIONALS



PITCH HARDER PITCH FASTER
We have one goal...To maximize your pitching power

This program:

- Teaches proper pitching mechanics
- Teaches pelvic loading for velocity increase
- Teaches back side hip lead initiation down the mound
- Teaches to keep weight back down the mound and then to shift into landing explosiveness
 - Teaches to shoulders loaded so not to be out front resulting in flying open
 - Teaches to keep front side closed into landing
 - Teaches balance through knee lift

Name _____ Age: _____

Telephone: _____ Cell: _____

Address: _____ City/State/Zip _____

Email: _____

School: _____ Team: _____

Parent/Guardian Release: _____

(Visit www.strikezoneomaha.com for Cancellation Policy and Full Release Statement)

Type of lesson:

- 1 Hour Private - Individual (\$80)
- 1 Hour Semi-Private - Two Players (\$90)
- 1 Hour Group - 3-10 Players (\$100)

SPECIAL DISCOUNTS FOR MEMBERS!

Lesson Date: _____

Lesson Time: _____

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____



Mail To:
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Or Fax

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