

VELOCITY DEVELOPMENT PROGRAM

ARM VELOCITY DEVELOPMENT TRAINING

For all players...



The key to building baseball velocity is the understanding that throwing is a ballistic action. Throwing involves rapid, explosive movements, requiring specific types of training. Because of the ballistic nature of throwing, safely training the body to develop the greatest amount of power in the least amount of time during this sport-specific movement is critical for the development of throwing velocity.

This will be a high intensity workout, focused solely on improving your velocity and strength.

The Guarantee:

Our Throwing Program will guarantee an increase if you come to all sessions and complete the off day training. We will help develop muscles to increase your velocity and explosiveness.

How long is the Throwing Program?

There will be 9 sessions. The class will meet Mondays at 8PM.

Who may attend this program?

To be in this program, you must be at least 13 years old and serious about wanting to improve.

What's included with this program?

You will be provided with training baseballs. You will be given a handout on exercises you need to complete on off days. You will also be allowed access to the weight room on days the class does not meet.

REGISTRATION: MEMBERS SAVE \$50!

Name _____ Age: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

Email: _____

School: _____

Parent/Guardian Release: _____

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

NON MEMBERS: \$200

MEMBERS: \$150

CLASS TIME: Mondays 8 PM

December 10,17

January 7,14,21,28

February 4,11,18

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa

MC Disc AMEX

Card No _____

Exp Date _____

3 digit V-Code _____



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