



THE ULTIMATE PITCHING PROGRAM

The most complete pitching program in the area, athletes will enhance their pitching abilities in every facet of the game.

Participating athletes can expect:

- **Advanced Throwing Program**
- Improved **Pitching Mechanics** to **MAXIMIZE Velocity** and **Control**
- **Curve ball** and **Change up** grips taught and practiced
- **Core Strengthening** for **Explosive Power**
- **Total Body Strength** and **Conditioning**
- **Arm Care**
- **Video Analysis**
- Become a **better athlete** to **throw harder, longer**

Steve's Bio

- *Former North Reading High School and Umass Lowell Standout
- *Helped UML reach Division 2 World Series (2001, 2002)
- *Northeast-10 Tournament MVP and NCAA Northeast Regional MVP (2002)
- *Six years of professional baseball experience (Currently in SF Giants organization)
- *Pitched for Triple-A Fresno Grizzlies in 2009

*****The only way to maximize pitching ability is to become more athletic. Become a more complete pitcher today!*****

4 Week Session: Mondays 5:30pm-7:30pm, Fridays 4pm-6pm

Starts February 8th

Non-Members \$270/ Members \$240

