

ADVANCED PITCHING & VELOCITY CLASS

Ages 14-18

Location: Balls N Strikes Cape Girardeau

Dates: Tuesdays 1/21, 1/28, 2/4, 2/11, 2/18

Time: 7:00-8:30

Cost: \$200

To join this class, contact Todd Pennington at 573-803-1099 (MAX 10 athletes)

Pre-Throw: Agility, yoga, band work, advanced stretching

Throwing Routine:

~Routined mechanical approach with intent

~VELO training

~Driveline

Post Throw: Arm health & conditioning

This class is designed to equip pitchers in creating a healthy & consistent routine going into the 2025 season. These sessions will push, teach, and tone pitchers properly through a college level pitching program.