



# 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 Session   
  24 sessions for only \$180.00   
  9:00 Session   
  **\$180**  
 Classes will run December-February so That you will be ready for tryouts in March.

### THROW DATES

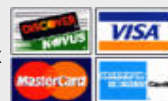
DECEMBER  
8, 15, 22, 29

JANUARY  
5, 12, 19, 26

FEBRUARY  
2, 9, 16, 23

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  
10, 17, 24, 31

JANUARY  
7, 14, 21, 28

FEBRUARY  
4, 11, 18, 25

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