



# THROW with VELOCITY

**STRIKE ZONE**  
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VELOCITY DEVELOPMENT AT ITS BEST.

**THROW with VELOCITY**

**VELOCITY DEVELOPMENT WORKOUT PROTOCOL**

SINCE THROWING VELOCITY IS A CRITICAL SKILL FOR THE SUCCESS OF A BASEBALL PLAYER  
(no matter what position is being played)  
IT IS IMPORTANT FOR EACH PLAYER TO DEVELOP THIS SKILL TO HIS MAXIMUM POTENTIAL.

This will be a high intensity workout, focused solely on improving your speed and power. For Serious Players Only.

The principle 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 power. For Serious Players Only.

#### **The Guarantee:**

Our Throwing Program will guarantee an increase if you come to all eight sessions.. We will help develop both muscles to increase your velocity and explosiveness.

#### **How long is the Throwing Program?**

8-one hour sessions, meeting twice a week for four weeks.

#### **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 is the cost?**

Only \$12.50 a session for 8 Sessions. Registration Form on back of this brochure. Please complete and send in with your payment.

# FOR BASEBALL/ SOFTBALL PLAYERS

Athletes in each sport use an identical overhand throwing motion. At the moment of front foot strike, baseball and softball pitchers are in a nearly identical position. The differences occur as the pitcher delivers the ball to the hitter. However both movements, underhand pitching, and overhand pitching are extremely rapid and forceful, thus the same principles of training these similar, distinctive movements are applicable to each other.

## CLASS FORMAT:

**Eight Sessions Meeting Bi-Weekly**

**Circuit and Strength Training**

**Use of Weighted Balls**

**Core Training**

**Long Toss Regimen**

**Band Work**

### Player's Names:

1: \_\_\_\_\_ Ph: \_\_\_\_\_

2 : \_\_\_\_\_ Ph: \_\_\_\_\_

3: \_\_\_\_\_ Ph: \_\_\_\_\_

4: \_\_\_\_\_ Ph: \_\_\_\_\_

### Set Your Own Schedule!

**We will plan your workouts according to your schedule!**

### Cost

**\$12.50 Per Player Per Session**

(Minimum 4 Players)

Name \_\_\_\_\_ Age: \_\_\_\_\_ Member #: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Parent/Guardian Release: \_\_\_\_\_

(Visit [www.strikezoneomaha.com](http://www.strikezoneomaha.com) for Cancellation Policy and Full Release Statement)

DATES:

Total Amount: \$ \_\_\_\_\_

**PAYMENT METHOD:** Cash Check Visa MC Disc AMEX

Card No \_\_\_\_\_

Exp Date \_\_\_\_\_ 3 digit V-Code \_\_\_\_\_



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