

# BASE

Training ♦ Mentorship ♦ Cage Rentals

## PITCHING VELOCITY **TRAINING** ACADEMY

**Fun Fact:**

The average  
Division I  
fastball is  
90 mph and  
the average  
MLB fastball  
is 95 MPH!



WE DREAM BIG

4 Payments of  
**\$300**

or \$1150 one-time payment.

# BASE BY PROS

## Pitching Velocity Training Academy

**Maximize your arm's potential** in our Pitching Velocity program as we emphasize arm strengthening while developing a stronger and healthier body. To obtain your arm's maximum velocity, our **staff of former professional pitchers** focus on drills and exercises commonly used from high school to professional baseball. Plus, our program takes advantage of **slow-motion video technology** to create more efficient and powerful strike throwers.



### Areas of Focus

- Shoulder Strength & Stability
- Wrist and Shoulder Flexibility
- Core Strength
- Lower Body Flexibility and Strength
- Long Toss



### Exercises and Drills

- Weighted, Plyo, and Medicine Balls
- Shoulder Tubing
- Scap Strength Program
- Full Strength Program
- Core and Conditioning Work



### What's Included

- Velocity Academy Notebook
- Throwing Program
- Use of Weighted Balls on Open Cage Days
- Video Analysis

### Upcoming Dates & Times

**16 Weeks Beginning October 2018**

Oct. 20, 27, Nov. 3, 10, 17  
Dec. 1, 8, 15, Jan. 5, 12, 19, 26, Feb. 2, 9, 16  
Saturdays 9:00am-10:30am  
(30 Minutes weight training after each session)  
Wednesday 3-5pm open cage time

Check out testimonials, coach bios and more when you  
**SIGN UP** at [basebyprosacademy.com](http://basebyprosacademy.com)  
(425) 200-4448 [Info@BASEbyPros.com](mailto:Info@BASEbyPros.com)

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