

BASE

Training ♦ Mentorship ♦ Cage Rentals

PITCHING VELOCITY ACADEMY

Fun Fact:

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



#BASEdriven

BASE BY PROS

Pitching Velocity 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

13+ - 16 Sessions, 12U - 12 Sessions

13+ (Saturdays 9-11 am): Oct. 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15, Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23

12U (Saturdays 10:30am-12:30pm): Nov 10, 17, Dec. 1, 8, 15, Jan. 5, 12, 19, 26, Feb. 2, 9, 16

Includes 30 minutes of weight training and open cage time every Wednesday from 3-5pm.

Check out testimonials, coach bios, and more when you

SIGN UP at basebypros.com

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