



Former Milwaukee Brewers  
Pitcher



**JM Gold**

## Velocity Program

**(Ages: 12+)**

Session is designed to increase velocity, build arm and overall strength, and reinforce advanced pitching mechanics.

### Dates:

Tuesday 7pm - 8pm

Session 1 - Sept. 14, 21, 28 Oct. 5, 12, 19

Session 2 - Oct. 26, Nov. 2, 9, 16, 23, 30

## End Game Pitching

**(Ages: 7-11)**

End Game Pitching Class is designed to build the complete pitcher.

Session is designed improve throwing mechanics and increase velocity safely.

### Dates:

Tuesday 5 pm - 6pm

Session 1 - Sept. 14, 21, 28 Oct. 5, 12, 19

Session 2 - Oct. 26, Nov. 2, 9, 16, 23, 30

### Dates:

Thursday 5pm - 6pm

Session 1 - Sept. 16, 23, 30 Oct. 7, 14, 21

Session 2 - Oct. 28 Nov. 4, 11, 18, 25 Dec. 2

### Price:

\$160 - 6 week session  
\*\$135 - World Member

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**Where there's *never* an offseason**

