

# Frozen Ropes Pitching with the Pros

Experienced Players and Coaches know that good pitching is hard to find. They also know that it takes a ton of hard work to become a top of the line pitcher.



## This Class is Designed for the serious High School Pitcher

Players will be working firsthand with Pat Urckfitz, Pro Pitcher and member of the Houston Astros Minor League affiliate, the Lancaster Jet Hawks

### Topics to be included:

- ◆ Strength and Conditioning for Pitchers
- ◆ Proper Movements to build Arm Strength
- ◆ Skill Evaluation
- ◆ Long Toss Program
- ◆ Drills to do at home

Session 1 : Jan. 6, 13, 20, 27, Feb. 3, 10

Wednesdays 6:30pm-7:25pm

Limited Number of Participants

\$150

Session 2 TBD



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