

INCREASE YOUR VELOCITY WITH SPEED THRILLS

Don't get overlooked because of your arm strength.

Tuesdays and Thursdays 8pm to 9pm

- **Arm strength is one of the most important things that coaches look at in the recruiting process.**
- **Our underload and overload training has increased the velocity on numerous players over the past 5 years.**
- **Having instant feedback to the player is crucial in helping them improve their throw velocity.**
- **Charting every throw they make and helping them set goals is a valued part of the program.**
- **The results from every player that has been through the program has been documented.**

Session 1

Jan 5th thru Feb 4th

Session 2

Feb 9th thru Mar 11th

Session 3

Mar 23rd thru Apr 22nd

Session 4

Apr 27th thru May 27th

Frozenropestx.com

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