



**TRAIN YOUR ARM NOW FOR THE
UPCOMING SEASON! DON'T GET BEHIND!**

VELOCITY TRAINING

With Danny Florence

\$348

This is NOT made for only pitchers! Whether you need to increase your velocity across the diamond, from the outfield, or off the mound, this is the program that will get you there!!

(Requires \$50 Deposit to hold spot)

6 Week Program

Ages 10 & up

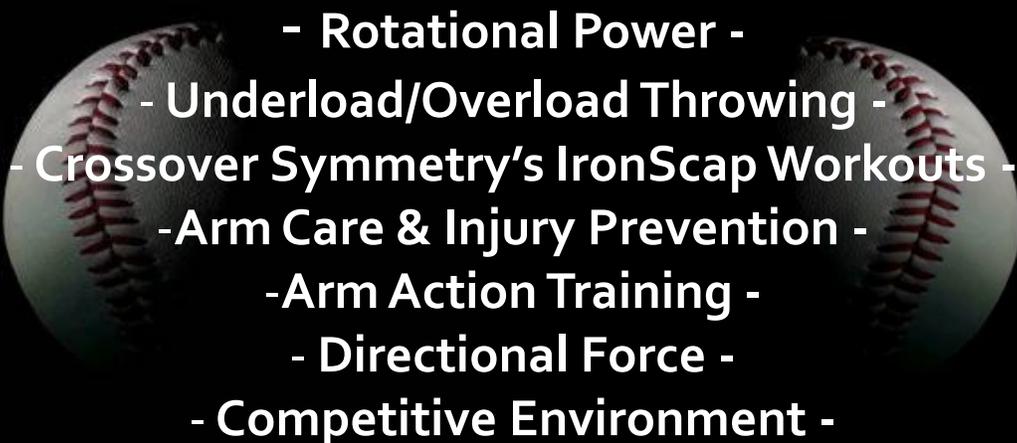
Tuesdays & Thursdays

7:00pm – 8:00pm

Session 1: November 7th - December 21st

Session 2: Jan 9th - February 15th

Over 500 players, including over 100 Division 1 and professional players, have been through this program in the past 7 years!

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- Rotational Power -
 - Underload/Overload Throwing -
 - Crossover Symmetry's IronScap Workouts -
 - Arm Care & Injury Prevention -
 - Arm Action Training -
 - Directional Force -
 - Competitive Environment -

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