

LESSON Pricing

Individual \$75 per hour

Group Lessons

Two People \$50 per hour/pp

Four People \$40 per hour/pp

Six People \$35 per hour/pp

WHAT WILL YOU LEARN?

The Lesson will have 4 pieces to the puzzle known as pitching:

Pitching Mechanics: The NPA has studied numerous pitchers over the years, at all skill levels, using the latest modern technology

Did You Know: That 80% of your velocity comes from upper body rotation

Nutrition: Having guidelines to what you eat is important

Did You Know: Orange Gatorade contains Brominated Vegetable Oil...look up bromine in a dictionary!!!!

Physical Training: One of the most essential parts to keep a pitcher healthy

Did You Know: Icing your arm is not necessary unless in muscle failure, Aerobic activity is better, icing to long can lead to frostbit nerve endings

Mental/Emotional: Keeping your head on your shoulders in a game can get that crucial out

Did You Know: According to research at an Elingsh university, it doesn't matter in what order the letters in a word are, the only thing is that the first and last letters are in the right place



State of the Art 20,000 sq ft Indoor Sports
Specific Athletic Training Facility

Individual, Group, and Team Baseball and
Softball Instruction

National Pitching Association certified
baseball instruction

Onsite ProShop

Cardio and Strength equipped Gym Sports

Specific speed, agility and endurance
Athletic Training

Large open field turf fields-latex free-(teams,
soccer, lacrosse, football)

60 yard indoor running track

Large batting cages and Pitching Tunnels
with Pro level pitching mounds

Iron Mike Baseball/Softball machines

True Digital Video and Motion DNA

Analysis for most sports

Wheel chair Athlete Programs

SPARQ rating authorized

Team Building Overnights

Fund Raising Opportunities

Conference Room Rental

Perfect Game Regional Showcase Partner

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*National Pitching Association
Certified Pitching Coach*

Making a Difference



*The Game was meant to be played
while having FUN!!!!*

