

## Summer Pitching Development Program

4 Week Program - \$200

Ages – 13-18 (2 groups)

June 17<sup>th</sup>- July 17<sup>th</sup>

### Times and Location

- Wednesdays – Inside NESP (Bullpens, Flatgrounds)

Middle School = 9:00 -10:00am      Highschool = 10:00 – 12:00pm

- Tuesday and Thursdays - Outside at Winnacunnet HS (Long Toss, Flatgrounds, fielding)

Middle School = 9:00 – 10:30am      Highschool = 10:30 – 12:00pm

\*Days and locations are subject to change

### What this program consists of:

- **Re-evaluate your body**

-Loss of strength and velocity, as well as soreness and pain can happen over the course of a season. Find out what may be causing these issues and get a plan to attack them.

- **Refine our mechanics**

- Video analysis of mechanics to determine what can be improved.
- Consistency is imperative in creating and maintaining good habits.

- **Arm Strength/Arm care**

- As pitchers you should get into a routine and follow guidelines. One part of our summer pitching program is a throwing program tailored to you. This will be structured weekly for you based on your needs and what your goal is over the summer.

- **Throwing Programs**

- There will be two different types of throwing programs; velocity building or command and maintenance. You will get to come in and throw bullpen sessions once a week, while also having a plan to follow for yourself.

### Complete your summer development program with sports performance training

- Soft tissue and recovery methods
- Plyometric, agility, and speed work
- Conditioning
- Strength Training

Add sport performance training for **6 weeks - \$300** (\$500 total) (June 17<sup>th</sup> – August 2<sup>nd</sup>)

### Can't make the 4-week program? Drop ins are \$40 per session

Drop ins are 30 to 45 minutes in length – this will include a warmup, bullpen, video breakdown as needed, and a throwing cooldown.

Email or Text Tommy to sign up or for more information.

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