



Price :
 Non Members - \$875.00
 Members - \$825.00

Winter Velocity Throwing Program

This velocity program is designed to increase MAX velocity, arm strength and decrease the risk of Injury. Our 12-week program is focused on increasing miles per hour (MPH) on each and every throw while also strengthening the arm. Each athlete will be taken through various velocity testing drills where all metrics of the athlete will tracked. This program is for ALL POSITIONS!!

TUESDAYS — DATES / TIMES — SATURDAYS

12/03/19	7:30pm - 9:00pm	12:00pm - 1:30pm	12/07/19
12/10/19	7:30pm - 9:00pm	12:00pm - 1:30pm	12/14/19
12/17/19	7:30pm - 9:00pm	12:00pm - 1:30pm	12/21/19
12/24/19	OFF	12:00pm - 1:30pm	12/28/19
12/31/19	OFF	12:00pm - 1:30pm	1/04/20
1/07/20	7:30pm - 9:00pm	12:00pm - 1:30pm	1/11/20
1/14/20	7:30pm - 9:00pm	12:00pm - 1:30pm	1/25/20
1/21/20	7:30pm - 9:00pm	12:00pm - 1:30pm	2/01/20
2/04/20	7:30pm - 9:00pm	12:00pm - 1:30pm	2/08/20
2/11/20	7:30pm - 9:00pm	12:00pm - 1:30pm	2/15/20
2/18/20	7:30pm - 9:00pm	12:00pm - 1:30pm	2/22/20
2/25/20	7:30pm - 9:00pm	12:00pm - 1:30pm	2/29/20

NEW TO PROSPECTS:

Rapsodo throwing technology will track the progress over time with historical and statistical analysis to ensure that the athletes are getting the most out of their arm.

Justin Jensen
 (973) 970 - 9102
 jjensen.prospects@gmail.com

Prospects Baseball Academy
 11 Middlebury Blvd, Suite 13-16
 Randolph NJ, 07869