

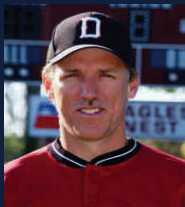


Summer / Winter 2006
Increase Leaders
CONGRATULATIONS!

Brendon Reeder +10.0 mph
David Godber +7.1 mph
Trevor Markey +5.2 mph
Justin Pickins +4.4 mph

Elite Velocity Development Program
12 weeks (June 4–Aug 27) from
6:00–7:30pm, Tue, Wed, Thur
Ages 14+

Junior Velocity Development Program
12 weeks (June 4–Aug 27)
Inquire for Days & Times
Ages 11–13



Mike Jackson
Director of Instruction,
CPT, CSCS
Over 20 years of Baseball
Coaching and Strength and
Conditioning experience.

Pitching Coach of Seminole Community
College, a Certified Personal Trainer and
Strength and Conditioning Specialist, I will
guide and inspire you to reach your Next
Level of pitching performance.

Registration

Please check one:

- Elite Velocity Development 2007. Cost \$ 899 Pd. IN FULL
 Junior Velocity Development 2007. Cost \$ 599 Pd. IN FULL
 Elite Program Monthly \$350 Junior Program Monthly \$240
 Elite Program per Session \$50 Junior Program per Session \$35
 Deposit for reservation \$100

Payment plans also available upon request.

Participant Age: _____ Home Phone # _____

Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact: _____

Phone #: _____

Payment Method (circle one): Check MC Visa

Name on Card: _____

Card #: _____ Exp: _____

Billing Address for Cardholder: _____

Cardholder Signature: _____

Refund & Cancellation Policy: No Refunds will be given after commencement of program. For participants who cancel prior to the first session, a \$50 registration Fee will be assessed. Hit & Run reserves the right to cancel any program due to insufficient enrollment. Min of 3 players. Max of 6 players per group.

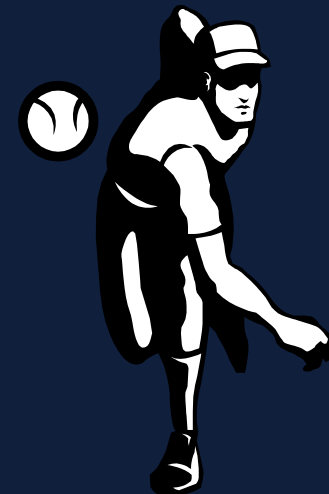
Liability Waiver & Guarantee: The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand the risks involved in participation of the Elite and/or Junior Velocity Development Programs and that you agree to hold harmless Hit & Run Baseball Inc and any of its strength and conditioning coaches, officers, agents, representatives, for any injury the athlete may experience as a result of the athlete's participation in these programs. You also agree to the terms of the "Program Guarantee" as outlined previously in this brochure.

Signature of Responsible Party of Participant Date

Printed Name of Responsible Party of Participant



Summer / Fall 2007 VELOCITY DEVELOPMENT PROGRAMS



MISSION and OBJECTIVE: The Velocity Development Programs were developed to increase controlled ball and train the body to handle the unique demands placed upon the shoulder during pitching. The *Elite Velocity Development Program* is only offered to pitchers ages 14 & up who look to maximize ball in preparation for an upcoming season. The *Junior Velocity Development Program* is for athletes ages 11-13. The number one objective is to enhance performance and decrease the risk of injury.

GUARENTEE: On average, the Hit & Run Elite Velocity Program has increased ball velocity by 4-6 mph, with the highest record gain at 10mph. This program is guaranteed to increase ball speed by at least 3 mph, or your money back. (Elite students only) To be eligible for the guarantee, athletes must be accepted into the program, attend 95% of ALL training sessions, and meet work ethic criteria.



HIT & RUN'S VELOCITY DEVELOPMENT PROGRAMS

***Reserve your spot NOW
with \$100 Deposit!***

PROGRAM OVERVIEW: The Elite program is 90-120 minutes, 3 day per week (2 day per week for Junior Velocity Development). The programs integrate Hit & Run's advanced baseball-specific sports conditioning and throwing mechanic know-how with consideration of the shoulder's functional anatomy and the biomechanics of the pitching motion. Strength training will be included to develop and power. Velocity is developed in sequence with the transfer of energy from the lower extremities and core, to the pitcher's upper extremity. To control this transfer of energy, dynamic balance must be emphasized. Weight training for pitchers is NOT body building! Often times, it is not the pitcher's large muscles that break down. Injury usually occurs in the smaller muscles and connective tissue of the shoulder, therefore, Hit & Run's strength training for pitchers is considered to be more functional fitness training.

The training will incorporate the use of the following:

- Medicine Balls (6lb, 8lb, and 10lb)
- Advanced Tubing Program
- Weighted Balls (1lb, 2lb, and 4lb)
- BodyBlade Core Strength and Conditioning program
- Incline / Decline Board and K-Board use
- Baseball Specific Functional Strength Exercises
- Comprehensive Long Toss and Bull Pen work

PROGRAMS INCLUDE: An assessment of each pitcher's shoulder function, range of motion (ROM), health and preparedness for successful participation in the program, a video analysis of throwing mechanics, an advanced state-of-the-art pitcher-specific strength program, throwing routines to build strength and, stabilization and flexibility routines, and pitching mechanic lessons with Hit & Run's Instructional Staff.

MEASURED PERFORMANCE: Speed and ball velocity are regularly measured and documented to provide objective feedback and ensure program success. Due to increased interest, in addition to the Elite Velocity Program, Hit & Run is now offering the Junior Velocity Development Program for athletes ages 11-13. Hit & Run takes into consideration the special demands placed on the body during the pitching motion, while giving careful consideration to the developing structures of the pre-adolescent shoulder. The Junior program is 1 hour of training, 2 days per week designed for arm and core strength building, along with our Total Arm Care program. Both programs are limited to 12 participants each.

Hit & Run Baseball Training

115 Central Park Place Sanford, FL 32771

Phone: 407-320-0882 Fax: 866-288-3582

E-mail: mjackson@Hit-n-Run.net

**TAKING YOUR GAME TO
THE NEXT LEVEL!**