

STRIK**X**CE THREE PITCHING PROGRAM

Winter #1 9 Weeks | **November 3 – December 29**

Winter #2 9 Weeks | **January 5 – March 2**

**Weekly Workout with Mark Nussbeck, Premium Pitching KC
Individualized Throwing Programs in a Small Group Environment**

Essential Program for Younger Players

Learn Proper Warm-up & Recovery | Develop MLB Mechanics
Mound Work | Pitch Selection
Utilizing J-Bands & Weighted Balls
Video Analysis and *new* Spin Rate Technology
Proven Results | **Throw Harder** | **Stay Healthier**

**1 Workout up per week
Saturday 11:00am-12:00pm**

Recommended for Players 9 and Up
Winter #1 \$245 | Winter #2 \$245
Best Value | Both Sessions \$435 | Save \$55



DriveLine Based Weekly Workouts Also Available
Winter #1 9 Weeks | **November 3 – December 29**
Winter #2 9 Weeks | **January 5 – March 2**

**Up to 3 Workouts per Week
Tuesday | Thursday | Saturday**

Recommended for Players 13 and Up
Winter #1 \$495 | Winter #2 \$495
Best Value | Both Sessions \$880 | Save \$110



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