



November 2, 2020- February 27, 2020

Cost: \$420/month, **Blue Jay cost: \$378/month**

Program

- Cap of 48, 24 people/group, 6 person groups
- Monday & Wednesday 2:30pm - 7:30 pm

- Tuesday & Thursday 2:30pm - 8:45pm
- Saturday (optional) 10am-12pm (A group 10am-12pm, B group 12pm-2pm)

2 groups

A group Mon & Wed.

B group Tues. & Thurs.

3 Days:

1. High Intent 45-60 minutes:

1st month focus on Up Hill throw/ Long Toss

2nd month velocity (pulldowns) No Mound

3rd month Pulldowns/ Incorporate Bullpens Rhapsodo

4th month Pitching (ie. Pitch Design and Tunneling)

2. Moderate 1hr-1hr 15min:

No Mound 1st month focus creating feel (ie. drill work to targets)

2nd month command (ie. off speed catch, off speed target work) Incorporate Mound (alternating w/ High Intent Mound weeks)

3rd month Applying Command and Feel (Short Boxes, mound catch w/ off speed)

4th month (Pitch design and Finalization of Routine)

3. Low Intensity and Volume (saturday) 30-40 minute day:

Drill work for mechanical flaws/inefficiencies, Recovery No Mound unless dry work

- Wednesday October, 7th we will have a parent meeting at KCSC to answer any questions/concerns!

- Liberty High School guys will receive a 10% discount on the program!

- Let me know if you have any questions, or if you need any more information!

Best,

Matt Hinkley