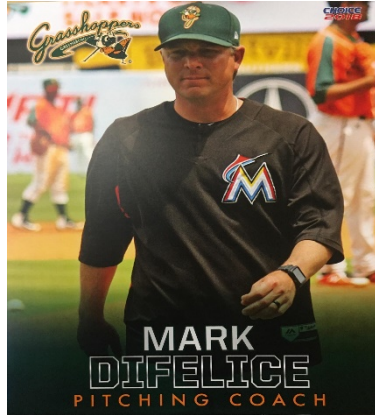




Diamond Baseball Academy

Velocity Program



Increase velocity and spin rate during a 6 week program designed to build arm strength through proper strengthening techniques. Today's get quick velocity programs are harmful to the body and arm. Studies have been done with regards to weighted balls that show increasing changes over time in the structure of the scapular muscles and flexibility of the rotator cuff.

This program will help strengthen all facets of the body in relation to the delivery: arm, back, legs and core. It will help generate arm speed while creating a proper throwing motion. Video analysts will look at weight transfer and timing as to help with a cleaner release.

Mark DiFelice graduated from Western Carolina University, where he was named Southern Conference pitcher of the year. Mark was drafted in 1998 by the Colorado Rockies. He played 15 years professionally. He made his major league debut in 2008 with the Milwaukee Brewers. He has been a professional pitching coach for the past 5 year and is currently working for the Miami Marlins.

SESSIONS ARE LIMITED TO 15 PLAYERS

AGES	13-18
DATES	Mondays & Thursdays from 10/22-12/3
TIME	7PM-8PM
COST	\$300
REGISTER	Mindbodyonline.com

Diamond Baseball Academy
102 Queens Drive, King of Prussia 19406
610-962-0307 dbabookings@gmail.com
Diamondkop.com