



JIM FARR'S BASEBALL & SOFTBALL ACADEMY

Special Pre-Season Throwing Program

Shoulder/Arm and Core Strengthening Program for Throwers

The baseball academy is offering a special shoulder/arm and core strengthening program for all throwers. This program is the latest in strengthening and flexibility exercises to enhance the throwers ability to stay injury free and complete regular throwing sessions without any restrictions. This program will also enhance the individual's ability to throw harder, further and with improved accuracy of the ball. Surgical tubing, manual resistance, and dumbbell program exercise will be introduced for the arm and shoulder. Core strengthening and stretching exercises will also be introduced in the session. A must for all pitchers to prepare their body's for the rigors put on the arm and shoulder by throwing a ball. There is no throwing during this 4 session program. This is a small group program for a **minimum of four participants. Sessions are 45 minutes in length.** Additional participants can be added prior to the first session. **The fee is \$25 per individual, per session.** Register individually or by group.

Throwing Progression and Long Toss Throwing Program

The baseball academy will offer a **4 session** throwing progression and long toss program designed for all throwers. This is a great pre-season program to prepare the thrower for the demands put on the arm. Proper throwing mechanics and technique will be stressed during this program. The proper way to warm-up and progress to a long toss, arm strengthening program will be introduced and practiced. Many arm injuries occur early in the season due to improper warm-up and throwing technique. Make sure your arm is healthy and you are doing the proper throwing drills to enhance your ability to improve as you mature. Sessions are **45 minutes** in length and require a **minimum of 4 participants at a cost of \$25 per individual, per session.** Additional participants can be added up to a maximum of 8 at the same rate. Register today individually or by team.

Combination Arm/Core Strengthening and Long Toss Program

The baseball academy will offer a combination of both arm care programs to prepare the thrower for their upcoming season. A great way to prepare in the pre-season segment of training. Program is **four sessions of 75 minutes in length. Minimum of 4 participants** per session at a cost of **\$35 per individual per session.** Additional participants can be added up to a maximum of 8 at the same rate. Register today individually or by team.

PROGRAMS WILL BEGIN ONCE THE MINIMUM FOR THE GROUP IS REGISTERED