



Velocity Improvement Program

SESSION 1: Ages 10-13 Tuesday 7:00-8:00pm

Saturday 9:00-10:00am

Ages 14-18 Tuesday 8:00-9:00pm

Saturday 10:00-11:00am

Session Dates: November 2 - December 4, 2010

**Cost: \$250 for all age groups
(10 sessions - twice a week)**

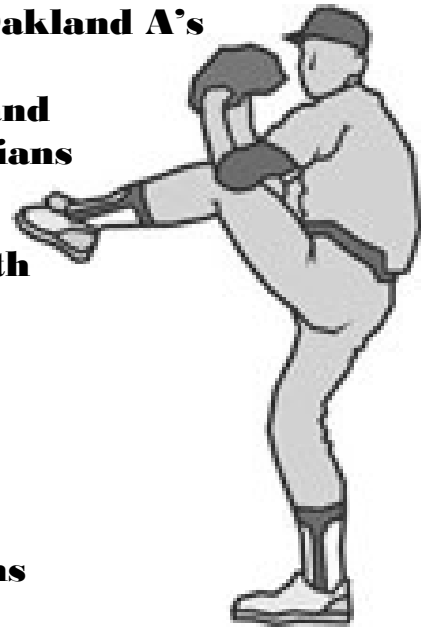
Program Supervised by Stu Rose - Total Baseball Director

VIP Instructors:

Ryan Ford - Former pitcher in the Oakland A's organization

Mark Falvo - Former college coach and current scout with the Cleveland Indians

Instructors subject to change



Time tested program guarantees arm strength improvement



Weighted baseball throwing program



Weighted jump rope conditioning



Velocity progression monitored by radar guns

**TO REGISTER: CALL 248-668-0166 - MAIL A CHECK TO TOTAL BASEBALL -
30990 WIXOM RD, WIXOM MI 48390 OR REGISTER ONLINE AT
TOTALSPORTSCOMPLEX.COM**

VELOCITY IMPROVEMENT REGISTRATION FORM Session # 1

Age group: _____

NAME: _____

AGE: _____

ADDRESS: _____ CITY: _____ ZIP: _____

PHONE #: _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ PHONE #: _____

PARENT/GUARDIAN SIGNATURE: _____ I authorize Total Baseball to arrange for emergency medical

treatment in my absence. I will assume all financial responsibility for emergency transportation and treatment. I will not hold Total Baseball Inc. or any of its employees responsible or liable for any injury that may result from participation in the Total Baseball program.