

## Summary of the Pro Pitching Program:

PBT's Pro Pitching Program is the off-season solution for 5<sup>th</sup>-12<sup>th</sup> grade players for their arm strengthening and rehabilitation needs. Join our staff, not just one, but three professional pitchers as they take you through a progressive throwing program from late November to late February. Our 22, hour and half long sessions include a revolutionary rotator cuff and scapular strengthening system that incorporates the latest research pertaining to functional strengthening, rehabilitation, and upper body plyometrics. That's just the pre-work! Follow this with bullpens supervised by our staff and receive instant feedback. Finish with a baseball specific core and leg strengthening workout designed to build your stamina so you can perform late in the game.

## Example of a Pro Pitching Program Workout:

### 30 Minute Warm Up:

- ✓ Dynamic and Static Stretching
- ✓ Rotator Cuff and Scapular Strengthening

### 30 Minutes of Instructional Bullpens:

- ✓ Velocity Pens
- ✓ Conditioning Pens
- ✓ Touch and Feel Pens
- ✓ Performances will be charted for improvement

### 30 Minute Strengthening Session:

- ✓ Shoulders
- ✓ Core
- ✓ Legs

## Location(s):

Mt. Airy, MD Facility: [www.GoPBT.com/propitching/mtairy](http://www.GoPBT.com/propitching/mtairy)

5407 Buffalo Road

Mt. Airy, MD 21771

St. Paul's School: [www.GoPBT.com/propitching/baltimore](http://www.GoPBT.com/propitching/baltimore)

Middleton Athletic Center

11152 Falls Road

Brooklandville, MD 21022

Mt. Airy 22 Program Dates: (Mondays and Thursdays)

St. Paul's 22 Program Dates: (Tuesdays and Fridays)

Times & Shifts: (Please be punctual)

Shift 1: 6:30pm-8:00pm

Shift 2: 7:00pm-8:30pm (This shift @ Mt. Airy is Sold Out!)

## Staff Members:



Coach Brian Bent played in the Orioles Organization for 4 years as a catcher. Currently, Brian has developed hundreds of the area's pitchers and is this year's director of the Pro Pitching Program.



Coach Chad Thall was a mid-season all star in 2009 for the Bowie Baysox, Orioles Double A affiliate. Chad had an ERA of 2.69 and opponents only hit .214 against him this season.



Coach Matt Righter played with the Tigers Organization for 5 years as a pitcher. Currently, Matt is pitching for the Blue Crabs, an independent team.



Coach Chez Angeloni just finished his first year with the Boston Redsox organization. Chez signed with the Redsox in the 2009 draft. Coach Angeloni brings cutting-edge knowledge to the pro-pitching program.



Coach Rich Zagone was drafted in the 6<sup>th</sup> round during the 2008 draft. He pitched at the University of Missouri. Coach Zagone finished his season with the Frederick Keys.

Registration Information: \*Note ½ Programs are also available. Visit your desired location's link for details.

Program	# of Training HRS	Cost/HR	Total Cost
Pro Pitching	33	\$26.67	\$880

## Program Payment Schedule:

Down Payment	November 20 <sup>th</sup>	\$330
Second Payment	December 15 <sup>th</sup>	\$300
Third Payment	January 15 <sup>th</sup>	\$250

Register Online Today! Remember 9 players per session, so act fast space is limited.

[www.GoPBT.com/ProPitching/MtAiry](http://www.GoPBT.com/ProPitching/MtAiry)

[www.GoPBT.com/ProPitching/Baltimore](http://www.GoPBT.com/ProPitching/Baltimore)