

MPH THROWING ACADEMY

TEAM TRAINING

(Minimum of 5 Athletes)

Includes:

10 Weeks of training

1 Hour per week

Price: \$250 Per Athlete

*****DETAILS*****

Team Hitting Drills

Swing Analysis

Exit Velocity Testing

Plyocare Training for all throwers

Bullpens for pitchers

Long Toss Programming

Full Warm up and Recovery Programs

Location: MPH Throwing Academy,

243 Senoia Road PTC

Call 678-MPH-4ARM Or;

Email mphthrowing@gmail.com to schedule your team time

