

IN SEASON JR. ARM FARM PROGRAM

WHAT IT ENTAILS:

- IN SEASON ARM CARE
- PROPER RECOVERY POST THROWING
- BUILDING ON FOUNDATIONAL MECHANICS
- IN SEASON PITCHING CYCLES
- VELOCITY MAINTENANCE

AGES 8-11U

SCHEDULE: APRIL 7 - MAY 26

FRIDAYS - 6PM - 8PM



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\$450