

## TWO 4 WEEK SESSIONS

*"You're only as strong as your weakest link!!!"*

The newest Bio-Mechanically proven ways to maximize the use of energy for velocity and movement while minimizing risk of injury!!!

(Understanding your own signature)

Instruction by recently retired Major League Pitcher Kevin Beirne.

Endorsed by Hall of Famer TOMMY LASORDA. Endorsed by and currently working with  
World Renowned Pitching Coach

TOM HOUSE ([www.nationalpitching.net](http://www.nationalpitching.net)) and BOBBY VALENTINE.

## CONVENTIONAL WISDOMS

- 🕒 What your eyes think they see at 32 frames per second
- 🕒 Left Handers, Left Side; Right Handers, Right Side
- 🕒 Stay Over the Rubber
- 🕒 Don't Rush
- 🕒 Tall and Fall
- 🕒 Stay Back
- 🕒 Get on Top to Create an Angle

## FOUR 2 WEEK SESSIONS WILL CONSIST OF FUNCTIONAL FITNESS AND VELOCITY TRAINING

### EACH SESSION INCLUDES THE FOLLOWING:

- 🕒 Testing at Beginning and End for Showing Results
- 🕒 Warm Up
- 🕒 Flexibility Training
- 🕒 Balance Training
- 🕒 Core Training
- 🕒 Joint Integrity Training
- 🕒 Total Body Conditioning
- 🕒 Aerobic / Anaerobic Conditioning

## PITCHING ANALYSIS AND VELOCITY TRAINING

- 🕒 Bio-mechanical Drills that enable pitchers to increase velocity, pitch more effectively, and attain better health.
- 🕒 Functional Fitness Training specific for pitching and understanding Real Velocity, Perceived Velocity and Effective Velocity. (Video Analysis will be available)
- 🕒 Nutritional education that will facilitate peak performance and speedy recovery.
- 🕒 Leadership lessons that will help the athlete make better choices and become a better leader on, and off the field.

SESSIONS	BRING A FRIEND DISCOUNT
🕒 \$400 For the Session - Two Times per Week	🕒 \$300 For the Session – Two Times per Week
🕒 \$500 For the Session - Four Times per Week	🕒 \$400 For the Session – Four Times per Week
🕒 Or \$800 For the Entire Summer (Both Sessions)	🕒 \$700 For the Entire Summer (Both Sessions)

Contact Kevin Beirne at [redheadsox@aol.com](mailto:redheadsox@aol.com) or by phone at (281) 773-6769 for more information.

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