

BASEBALL ACADEMY WINTER PROGRAMS
Pitchers Velocity **Ages 13 – Up**

Program used by Baseball Academy for over 15 years to increase velocity.

Monday & Wednesday

October 23 – December 20, 2017

Times: 6:00 – 7:30
7:30 – 9:00

Must have 4 students
per session

Tuesday & Thursday

October 24 – December 21, 2017

Time: 8:00 – 9:30

Must have 4 students

Programs are \$450.00 for 18 sessions
\$225.00 at sign up / \$225.00 due November 15

NAME: _____ **AGE:** _____

ADDRESS: _____

CITY: _____ **ST:** _____ **ZIP:** _____

RELEASE AND INDEMNITY AGREEMENT:

I hereby give consent for my child to participate in activities at the Baseball Academy. I understand that injuries can occur during participation in a sport such as baseball. I hereby release and agree to hold the Baseball Academy harmless. The Baseball Academy, their respective agents and employees, of any liability, claims, demands, injuries, or causes of actions which may arise by virtue of an omission of acts, negligible or otherwise. This form must be signed by a parent if the child is under 18 years old.

PARENT: _____ **DATE:** _____

I was a participant in the velocity program with Coach Langston for 5 years. The program helped me have a big jump in velocity that was 12-14 mph over the past 5 years. It has taught me how to train hard and made me a better athlete at the same time. The workouts are challenging with days on the vertimax, the balancing drills, and the leg exercises that are pitcher specific. If you give your all in the program, the results will be there. I do not think there is a better program for pitcher development than the one with Coach Langston. He has so much baseball knowledge that he will share throughout the program that is helpful while you play the game.
Jake Christa - RHP - Northeast Mississippi CC - 92 MPH

The velocity program at Birmingham Baseball is awesome! Through the program, I was able to learn many specialized workouts that increased my arm speed and arm strength. That increase arm speed and strength resulted in a full 5 mph on my fastball in just one year. Coach Langston's velocity program, along with his excellent mechanics instruction, has brought me to the mound at MTSU. I can't thank him enough as I wouldn't be here without him.
Conner Bell - LHP - Middle Tennessee State UN. - 88MPH