

SkilesTest

YOUTH BASEBALL & SOFTBALL

Athletic Revolution

Mike Snyder Pitching Camps and Arm Conditioning Program

Coach Mike has 20 years of professional pitching and coaching experience. He was the pitching coach at the University of Louisville and rehabbed pitchers for the Colorado Rockies and St Louis Cardinals. He's helped more than 40 local pitchers make it to the professional level. Mike teaches players get the most out of their natural ability while staying healthy.

PITCHING CAMPS

Get your pitching mechanics right with hands-on professional instruction that focuses on balance, control and proper technique that minimizes the risk of injury.

- FOUR one-hour sessions
- THREE players maximum for hands-on instruction
- Players grouped by age: 10-12, 13-15 and 16 and older
- Flexible days and times, forming now
- Only \$175 per player

ARM CONDITIONING PROGRAM

Every ball player needs a strong arm. Coach Mike rehabbed professional players back to health post-surgery. He'll teach your player to get the most out of his arm through a time-tested training program that minimize the risk of injury.

- SIX one-hour sessions
- 8 players max
- Players 12 years old and up
- Beginning in January
- Only \$200 per player

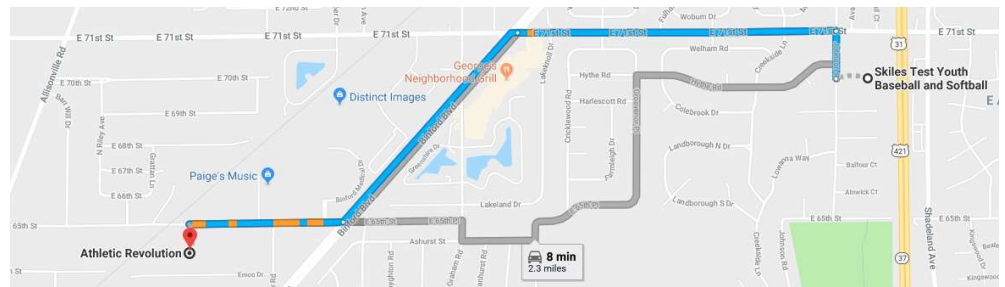
LOCATION

Events held at:

ATHLETIC REVOLUTION

5111 East 65th Street, Indianapolis, 46220

Contact Rick at 317-478-5016 to sign up



Skiles Test Youth Baseball & Softball

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