



— THE NEXT PITCH PROJECT —

NOVEMBER ARM CARE

— 6 WEEK CLASS —

MOVE BETTER. THINK SHARPER. COMPETE HARDER.

THE NEXT PITCH PROJECT BUILDS THE FOUNDATION FOR WHAT'S NEXT

AGES - 11U-12U | 13U-14U

COST - \$270

PROGRAM STYLE - 3:1 RATIO

CALL 636-394-2255 OR VISIT RAWLINGSTRAININGCENTER.COM

BE READY FOR YOUR NEXT PITCH



NOVEMBER ARM CARE

SESSION SCHEDULE

BALLS-N-STRIKES	13U-14U	TUESDAYS	4:30-5:30PM	NOV 3, 10, 17, DEC 1, 8, 15
BALLS-N-STRIKES	11U-12U	TUESDAYS	6:30-7:30PM	NOV 3, 10, 17, DEC 1, 8, 15
RAWLINGS TRAINING CENTER	11U-12U	WEDNESDAYS	4:30-5:30PM	NOV 4, 11, 18, DEC 2, 9, 16
RAWLINGS TRAINING CENTER	13U-14U	WEDNESDAYS	6:30-7:30PM	NOV 4, 11, 18, DEC 2, 9, 16

DEVELOPMENT FOCUS

- ARM CARE & INJURY PREVENTION.
- ARM STRENGTH & THROWING DURABILITY.
- PROPER DYNAMIC STRETCHING & WARM-UP ROUTINES.
- POST-THROW RECOVERY & RECOVERY STRETCHING.
- FULL-BODY STRENGTH TO SUPPORT THE THROWING ARM.
- BUILD A CONSISTENT ARM-CARE ROUTINE FOR THE SEASON.

PROGRESS TRACKING

- WEEK 1 MOBILITY & STRENGTH ASSESSMENT.
- STRENGTH AND MOBILITY TRACKING.
- ARM-CARE EXERCISE PROGRESSION.
- STRETCHING & WORKOUT PLAN.
- THROWING/ARM-STRENGTH PROGRESS TRACKING.
- WEEK 6 FINAL ASSESSMENT & TAKE-HOME ARM-CARE PROGRAM.

"THE NEXT PITCH PROJECT HELPS MIDDLE SCHOOL PITCHERS MASTER MOVEMENT, MINDSET, AND MOUND READINESS, SO THEY'RE FULLY PREPARED FOR THE SEASON AHEAD."

