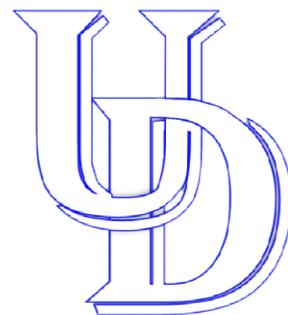


Upper Deck Pitching School



1.) Take advantage of a 2 week program designed specifically for introducing your young ball-player to pitching.

OR...

2.) Participate in 2 advanced pitching workouts to strengthen your game and become dominant on the mound.

Both sessions to be led by Upper Deck Academy owner & lead instructor **Mark Messina**

<u>Option 1:</u>	<u>Option 2:</u>
<ul style="list-style-type: none">- Open to Pitchers ages 10 to 12- Members - \$20, Non-Members - \$30- MAX group of 8 Pitchers- Times: 5:00 until 6:00<ul style="list-style-type: none">*Pitching From the Stretch*General Delivery Mechanics*Proper Warm-Up Tactics*Body Control and Positioning*And More...	<ul style="list-style-type: none">- Open to Pitchers ages 13 and above- Members - \$45, Non-Members - \$55- MAX group of 8 Pitchers- Times: 6:30 until 8:00<ul style="list-style-type: none">*Off-Speed Introduction/Development*Pitch Strategies*Arm Maintenance and Recovery*Situational Pitch Selection*And More...

CLASSES WILL BE HELD ON WEDNESDAYS, DEC. 14 & DEC. 21

Please Register at:

WWW.NISEEVENTS.COM