

PITCHER-QB-SOFTBALL STAT TEST CAMP SCHEDULE

October 24-25, 2020

DAY 1 MORNING

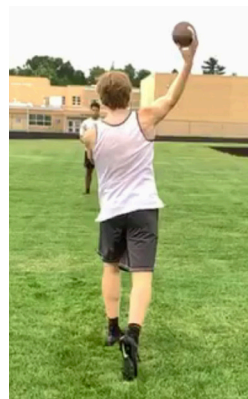
- Cross-Specific Velocity Warm-Up
- STAT Testing
- Mechanical Video Capture

DAY 1 AFTERNOON

- NPA Presentation
 - Biomechanics
 - Functional Strength
 - Nutrition Management
 - Mental/Emotional Management
- Wrap-Up

DAY 2 MORNING

- STAT Testing Review
- Cross-Specific Velocity Warm-Up
- NPA Mechanical Drillwork
- Post Lesson Pictures & Wrap-Up



RYAN CHRISTENSON is the owner of Precision Pitching and a certified instructor of National Pitching and National Football. Coach C provides science-based throwing instruction to all rotational athletes. In addition, Ryan is the Pitching Coach for the University of Wisconsin-Stout. Throwers who train with him will get the same researched based protocols trusted by over 1,000+ MLB Pitchers and 70+ NFL QB's. Trust the pros and train with Coach Christenson today!

715-413-0270 • precisionpitching.net
coachc@precisionpitching.net

"My son has attended a number of pitching camps "across the river" and not one of the instructors talked about arm care. With my son starting traveling baseball, I began looking for someone to teach him how to keep his arm healthy. That's when I found Ryan Christenson. Our discussions started with the Velocity Program. Ryan talked about the research and science behind the Velocity Program. I wasn't looking for something to make my son throw harder, I was looking for something to keep his arm healthy. And that's exactly what this program does. Ryan has taught my son the proper way to warm up, provided drills to work on for proper pitching mechanics, along with the individualized velocity program. Ryan is providing my son with, as he puts it, "tools for his tool box". Ryan's ability to work with young athletes is outstanding. His use of cutting edge technology and providing feedback to the athlete in a way they understand is amazing."

~ Parent Testimonial



PITCHER-QB-SOFTBALL STAT TEST CAMP

October 24-25, 2020

Saturday: 9am-3pm
Sunday: 9am-noon

**Eau Claire Baseball & Softball
Training Facility**

2916 London Road
Eau Claire, WI 54701

"As a young pitcher, I couldn't have been more fortunate to have Coach Christenson as a pitching coach. Each year of High School, Coach Christenson improved my velocity, accuracy, and helped me become a smarter, more consistent pitcher. Today, he continues to travel the United States to learn new strategies as to how to make a pitcher more successful. It has been a privilege to have him as a coach and a friend. I strongly recommend Coach Christenson to any pitcher who wants to fulfill their potential."

~ Athlete Testimonial

PITCHER-QB-SOFTBALL STAT TEST CAMP DETAILS

October 24 & 25
Saturday 9am-3pm
Sunday 9am-noon

Eau Claire Baseball & Softball
Training Facility
2916 London Road, Eau Claire, WI 54701

Cost: \$249.99

For more information or to register,
visit: precisionpitching.net



WHAT TO EXPECT...

CAMP INCLUDES:

- ▶ Biomechanics Throwing Protocols
- ▶ Arm Care & Functional Strength Drills
- ▶ STAT Point In Time Capacity Test
- ▶ Biomechanical Drill Work
- ▶ Mental/Emotional Tips
- ▶ Nutritional Management Lecture
- ▶ Mechanical Analysis w/ Corrective Drills
- ▶ A Free T-Shirt

S.T.A.T.

- Screening for Weak Links
- Testing for Point in Time Capacity
- Accessing for Efficiency of Movement, Strength, and Flexibility
- Training for Efficient Movement, Muscle Balance, Velocity, and Neuro-Muscular Speed Thresholds

By using the data we collect from our proprietary testing, we can identify exactly an athlete's current and potential velocity capacity. If an athlete is not currently reaching his/her capacity, we can identify and isolate which weak link is contributing to that failure. This testing specifically addresses the functional strength component of velocity capacity.

TRAINING TOOLS

- V1 Sports Mechanical Analysis Lessons
- Pro Comparison
- Science-based protocols.
- Multiple angles of analysis of athletes' throws.
- Corrective customized drill work to fix your individual flaws.
- Voice-over analysis and identification of your most significant mechanical flaws.

RAPSODO:

SPIN RATE ANALYSIS TRAINING TOOL

- Velocity & Spin Rate
- Ball Flight & Pitch Break
- Spin Direction, Efficiency & Rate