

**BASEBALL ACADEMY**  
**Pitcher's Velocity - Winter 2018**

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

**Goal – To maintain and continue to grow velocity by throwing, mechanics, rehab, and strength building.**

**Tuesday & Thursday**

**October 16 – December 20, 2018**

- **Session 1    6:00pm   -   13-14 yr. olds**
- **Session 2    7:30pm   -   15 and up**

**Call to reserve your spot today!**

**205-681-7964**

I participated in the velocity program with Coach Langston for 5 years. I do not think there is a better program for pitcher development than this one. Coach Langston has the knowledge to share throughout the program that is so helpful in becoming a better player.

Jake Christa – RHP – Northeast Mississippi CC – 92 MPH

The velocity program at the Baseball Academy is awesome! I was able to learn many specialized workouts that increased my arm speed and strength. Coach Langston, along with his excellent mechanics instruction, has brought me to the mound at MTSU.

Conner Bell – LHP – Middle Tennessee State UN. – 88 MPH