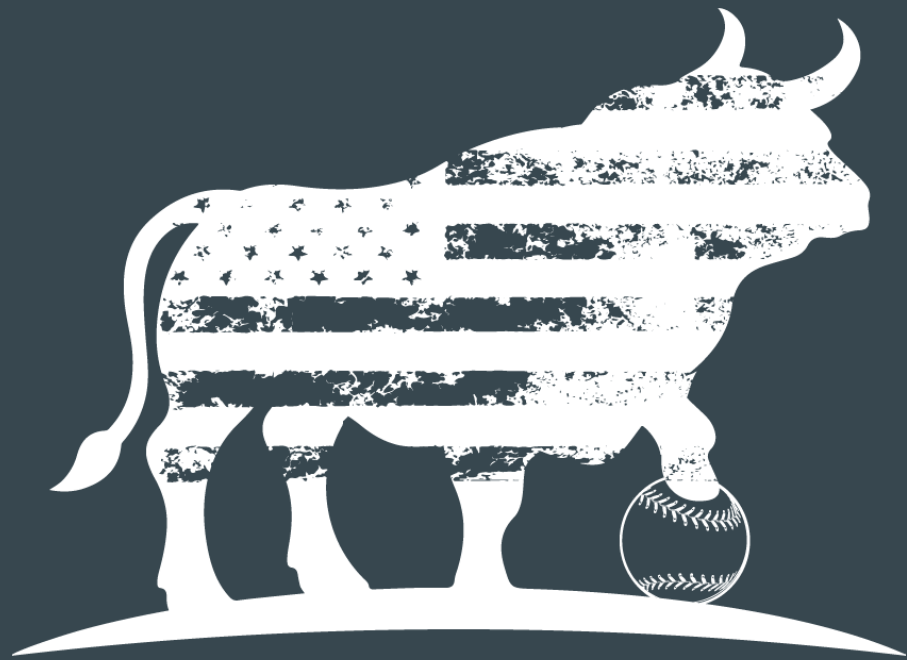


# The OX PEN Throwing Club



Summer 2022

# What is it?

1. **A brotherhood of pitchers working and competing together to bring out the best versions of themselves each day.**
2. **This program will put the player in charge of his development in an environment that will be primed for growth through trial and error and success and failure.**
3. **We will work together to build a personalized routine for each player. This is the key to long term health and consistency on the mound.**
4. **If you are in-season, this program will help you recover from your last outing and/or will build to prepare you for your next outing.**
5. **Complete pitcher development includes an effective warm-up strategy, a throwing template for each day of the week, detailed flat ground/bullpen plans, defensive work, and a unique strength and conditioning outline designed to build resilience and longevity on the mound.**

# The Outline

00:00 - 00:10 - Take inventory on how everyone is feeling and see where each guy is on their throwing calendar.

00:10 - 00:30 - Warm-up / get moving / get loose

00:30 - 00:50 - Throwing session / on the range (scattered targets)

00:50 - 01:15 - Flat Grounds / Bullpens / Short Boxes

01:15 - 01:45 - PFPs / Extra Swings / Ground Balls / Fly Balls

01:45 - 02:00 - OX Strong workout

02:00 - 02:10 - Cool down / check in on how everyone is feeling

Est time = 2 hours and 10 minutes per club meeting

Each player will take this outline and make it his own. The freedom to train, and an environment that promotes ownership of the process will speed up their ability to learn and grow because they are changing from the inside out.

# Who is it for?

- All Pitchers and Catchers
- Club 1 = 5th and 6th graders
- Club 2 = 7th and 8th graders
- Club 3 = High School / College

# When and how much?

- The Club's first meeting will be on Monday June 6th
- Location TBA at a later date
- The club will be available for work Mon - Thur from 9 - 11 for the duration of the summer (a fall schedule will be available as it gets closer)
- Players can come to as many meetings as they would like during the week. (Each day will build off the next and will not be the same as the previous)
- 1 x a week = \$25 2 x a week = \$40 3 x a week = \$50 4 x a week = \$60
- 1 on 1 sessions are also available by appointment Monday - Friday for \$30 (45-75 minutes)

\*Afternoon club sessions may be available based on interest. The Goal is to provide a time that does not interfere with any current team practice or obligation.

\*\*Mon - Thur is based on number of player (minimum of 4 needed)

\*\*\*At this time the magic number of players will be 12-15 per session. This keeps the quality of work at an optimal level.

# Registration is open now and will close on 5/30/22

Follow the link to sign up! If you have any questions contact Jeremy Ray at 803.669.9924 or [jeremyray@farmlifebaseball.com](mailto:jeremyray@farmlifebaseball.com)

<https://forms.gle/5rFDyMYLRph7Tw697>