



ILLINOIS BONE & JOINT INSTITUTE PRESENTS:
ADVANCED PITCHING BOOT CAMP

TUESDAY & THURSDAY NIGHTS (7:30 – 8:30 PM)

March 2nd – 25th, 2010 (8 Sessions)

Slammers Training Academy invites you to participate in the Pitching Power Boot Camp.

This camp is designed for the dedicated and hardworking pitchers that desire to increase power, velocity, and control while reducing the risk of injury on the mound. Conducted by Illinois Bone & Joint's Head Athletic Trainer Matt Repa, the program will develop scapular stabilization, shoulder, core and hip strength through functional movement, plyometric, BodyBlade®, BOSU®, Slideboard®, medicine ball and upper body agility ladder training. This program will put the athleticism into your pitching motion. Sessions will be held on Tuesday & Thursday Nights from 7:30 – 8:30 PM at Slammers Training Academy and the program will run for 4 consecutive weeks. In-Season throwing routines and strength training workouts will be provided at the end of the Advanced Pitching Boot Camp.



ILLINOIS BONE & JOINT INSTITUTE'S

ADVANCED PITCHING POWER BOOT CAMP

IBJI's Advanced Pitching Power Boot Camp will be held every Tuesday & Thursday Night for 4 weeks for the month of March. Program will run from 7:30 – 8:30 PM and will include 8 Hours of Baseball Pitching Specific Core Strengthening Workouts & Exercises.

Program Dates are as follows:

March 2nd – 25th, 2010

ADVANCED PITCHING BOOT CAMP

REGISTRATION COSTS:

Member	\$200
Non-Member	\$240

In-Season throwing routines and strength training workouts will be provided at the end of the Camp.

CALL SLAMMERS: 847-549-1687

WWW.SLAMMERSILLINOIS.COM