



T. V. P.

The Velocity Project

Cheyenne Post 6 Baseball Clinic

What is all the hype about?

Velocity Created by Overload and Underload Training:

- (POWER=Strength X Speed)
- Developing arm speed
- Maximizing arm Strength
- Arm flexibility

Why is everyone talking about T.V.P?

- With pitching injuries at an all time high and athletes as young as 11 years old having "Tommy John" surgery, Pro, College and even Post 6 have begun to emphasize the importance of making sure the arm is prepared to handle the workloads it will face season after season.
- The program will assist any age group of players gain anywhere from 3-10 MPH in just weeks and months instead of years. It will also create "back-shaping," arm strength and flexibility to create the strongest and most efficient arm for Outfielders, Infielders and Pitchers.

Where and When:

- Cheyenne Post 6's New and Improved Indoor Facility
 - 600 E. Carlson St. – Behind Element Church and the EMT Company—You will see cars because we have a group in the building before this time slot!
- February 9th – March 4th 2010 Tuesday and Thursday Nights from 5:00 p.m. – 6:00 p.m.

Availability and cost: **Spots will fill fast!!**

- We will only be taking the first ten players to sign up!
- For EIGHT 1 hr. training sessions of instruction/training and a **FREE** "Home body weight workout Program," maximizing gains in not just throwing but all aspects of the game the player cost will be \$75.

If interested please email:

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