



## PITCHING CAMP TO MAXIMIZE VELOCITY

**MIKE LINSKEY AKA "NUKE"**  
BALTIMORE ORIOLES

**GUS KAPLANGES**  
ANNAPOLIS HS HEAD COACH

- \* HIGH VELOCITY PITCHING SCIENCE
- \* YOUR DETAILED VIDEO ANALYSIS
- \* LOWER HALF PITCHING MECHANICS
- \* MEDICINE BALL TRAINING
- \* HOW TO ADD 5-10 M.P.H
- \* PITCHING TRAINING DRILLS
- \* ART OF THE KINETIC CHAIN
- \* WARNING SIGNS TO PREVENT INJURIES



**WHO:** PLAYERS 10 YRS. TO 22 YRS.

**WHAT:** TOPVELOCITY.NET SCIENTIFIC APPROACH TO MAXIMIZE PITCHING MECHANICS

**WHEN:** SESSION 1: TUES. JULY 25 7PM-9PM **or** SESSION 2: WED. JULY 26 7PM-9PM

**WHERE:** BASES 713 E. Ordnance Road, #319 Baltimore, MD 21226

**COST:** \$125/PER PLAYER COACHES FREE WITH 1 OR MORE PAID PLAYERS

**REGISTER SPACE IS LIMITED**  
**CONTACT NOW**

GET YOUR  
PLAN FOR  
FALL BALL

# 443-255-1669

[GUSKAPLANGES@GMAIL.COM](mailto:GUSKAPLANGES@GMAIL.COM)

DATA BEATS  
OPINIONS  
SCIENTIFIC APPROACH

