

Sunday, March 28

Youth Arm Conditioning & Strength Clinic

Coaches: 10:00-11:00 am

Players 12:00-2:00 pm

Davis Little League Complex



(Ages 7-12) or AA-Majors

Clinically Proven by the American Sports Medicine Institute (ASMI)

Endorsed by Little League Baseball International

MVP Arm Strength/Conditioning

Implementation of the MVP Band

Certified Instructor(s) from the MVP staff will be on hand to teach both coaches and players the how to protect their arms through the implementation of the MVP Band Program. This particular clinic is the same one that has been posted on the littleleague.org website, the same one taught at five regional sites across the U.S.A. and the same one implemented at each of the LLB Summer Baseball camps in Williamsport, PA, Hillsgrove, PA, and Bristol, CT. Through implementation of our program, each player will be trained in a series of important exercises that have been recommended by the top arm care specialists in the country and approved by Little League Baseball. The MVP Band Program is the only resistance training program in the country that has been clinically proven to improve arm strength, range of motion and increase velocity. Aside from our MVP band exercises, we will provide both coaches and players a simple pre-practice/game warm-up routine followed by an effective long toss throwing program with emphasis placed on mechanics.

Youth Fundamentals of Throwing

Breakdown of Throwing/Pitching

Ever wonder how to throw a baseball correctly? Or better yet, how you can teach your own players, son/daughter how to throw? Almost every Little League player across the country has improper mechanics that need to be adjusted. By helping coaches and players to better understand the correct biomechanics of throwing, our staff openly discusses the common issues most youth players have and explains in simple terms as to what adjustments and improvements one must know in order to fix them. Through a simplified break-down of the proper mechanics of throwing, a coach, player and their parent will have a better understanding of what the arm angles, body, feet and head positions are needed in order to throw more efficiently and effectively. And in doing so, one will reduce the likelihood of arm soreness and/or the potential of injury. Once proper mechanics are instilled, one will become a more successful player regardless of his/her size. In teaching and instilling proper mechanics at a young age, our program is designed to help create good habits that eliminate frustration and more importantly unnecessary stress placed on the arm. This is a hands on program, therefore both the players and coaches must bring their gloves.

Limited to 80 players

Player Cost: \$15

Player Check in time: 11:30 am

NOTE: Please have your players bring their glove (cleats optional).

Checks can be made out to: A Change of Pace, Inc

for more info visit: mvpband.com or call Dave at 400-4850