



www.xlplaylarge.com



# [Baseball Pitching & Performance]

## XL partners up with Major Leaguer, Dave Gassner



Learn from Dave Gassner, a former big-leaguer how to reach your full potential as a pitcher. Dave is native to Hortonville High School, helping the baseball team to one of their three state titles under Varsity Baseball Coach, Dan Williams. He went to Purdue University and pitched for four years helping the Boilers to three straight Big Ten Tournaments and was 1<sup>st</sup> Team All-Big Ten his senior year. The left-hander was then selected in the 24<sup>th</sup> round in 2001 by the Toronto Blue Jays. In 2003, he was traded to the Minnesota Twins and in 2005 he made his big league debut versus the Cleveland Indians where he received his first major league win.

Instruction will include:

- How to place the body in the best possible mechanical position
- How to throw the ball with more velocity and accuracy
- Pre-game warm-up and stretching routines
- Exercises to build strength and flexibility to prevent injuries in shoulder and elbows

### Performance Program

Progress your athletic foundational skills while participating in:

- Speed, Agility, and Plyometric Training
- Weight Room Strength Training, an Introduction to Olympic Lifting, and Functional Strength Exercises
- Dynamic Warm-Up, Myofascial Release (foam rolling), and Static Flexibility

### 8-Week Pitching & Performance Program

**Starts: January 9, 2012**

Program	Days	Times	Cost
Pitching Instruction	Tues (weeks 2-7)	500 - 600 pm	\$325
Performance Training	Mon & Wed (weeks 1-8)	500 - 600 pm	

## Reserve your spot today!

### Pitching & Performance Baseball Program

Call 920.430.4722 or send us your reservation!

Questions? Email Jim at [jabeve@bellin.org](mailto:jabeve@bellin.org)

Name \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

Check Enclosed...Make check payable to Bellin Health.

*Release Statement: In consideration of my participation in these activities, I hereby agree to hold free from all liability Bellin Health, XL Athletic Performance, and respective officers, employees and volunteers, and do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge all rights, claims for damages for which I have or which may hereafter accrue me and my children arising out of or connected with my participation in any Performance Enhancement programs held with Bellin Health.*

Signature \_\_\_\_\_ Date \_\_\_\_\_