

Game Time Sports Chesterfield Introduces Elite Velocity Rapsodo / Motus Pitching Program



PRESENTED BY:

Elite Velocity Certified Instructors

Monthly Training Starts Friday November 10th, 2017

WHY: There has been a dramatic increase in overuse injuries in youth sports; however, physicians are identifying ways to prevent these injuries. In throwers, velocity comes from CORE strength and seamless transition of forces from the legs through trunk rotation, which puts less stress on the elbow and shoulder. Stabilization and stretching exercises are also key to prevent common throwing injuries. Injuries will still happen, but Coach Killian's program utilizes much of our current research in injury prevention to maximize your child's ability to stay healthy and perform to their highest potential.

Nathan A. Mall, MD, CIME Director, Cartilage Restoration Center of St. Louis Sports Medicine
14825 N. Outer Forty Rd, Suite 200, Chesterfield, MO 63017 office: 314-336-2555 info@nathanmallmd.com

INCLUDED:

- Undergo Video Evaluation using humerothoracic, antecubital, & pelvic angles
- Individualized training program
- Ongoing MotusBASEBALL Analysis
- Individual FMS (Functional Movement Screen) Analysis and Correctives Workout
- Marc Pro (www.marcpro.com), modalities available
- Ongoing Rapsodo Analysis
- Core & Joint Integrity
- 3hrs training per week**

HOURS:

Friday 6:30p-8p & Sunday 9a-10:30a

FOR: Pitchers (9 years old to Pro). Workouts and training protocols are developed per individual based on ongoing analysis with Rapsodo (spin rate, true spin rate/efficiency, zone analysis, H/V Break), MotusBASEBALL (stress, arm speed, arm slot, shoulder rotation, high effort throws), and the Functional Movement Screen (FMS). Individual workouts are provided using the Elite Velocity Remote Trainer. Even if you consider yourself to have perfect mechanics, this program will help you reach the next level and for those athletes beginning the college recruiting process, this program arms you with the best also provided college recruiting performance data.

COST: \$200 per month, ongoing training (Elite Velocity Remote Trainer Smart App Included)

WHERE: Game Time Sports Chesterfield, 18018 Eads Ave., Chesterfield, MO. 63005 Tel: 636-519-0445
CALL: Call Mike Killian at 314-537-7738 for further info or email Mike at mikekillian@elitevelocity.com

Starts Friday November 10th, 2017

Athlete's Name _____ Address _____ City _____ State _____ Zip _____
 Age _____ Date of Birth _____ School Attending _____ Grade? _____ **Contact Email Address** _____
 Home Telephone _____ Day Telephone _____ Emergency Telephone _____

I hear-by give my consent for the above named student to participate in the supervised baseball workout regimen of the Game Time Sports and Elite VELO Pitching & Performance Program; and, waive and release the 'Game Time Sports and Elite VELO Sport's staff, employees, officers, agents and assigns, of and from any damages, claims and liabilities resulting from any injury sustained or any illness suffered by my child, as named above, during the entirety of the 'Game Time Sports and Elite VELO Pitching & Performance Program' programs of 'School(s)', 'Session(s)' and/or 'Clinic(s)'; or incurred while traveling to or from these 'Game Time Sports and Elite VELO Pitching & Performance Program's activities or home. I will pay all medical bills incurred by my child, to the medical service provider(s), as a result of any sickness, illness, ailment or injury as a consequence of attending the 'Game Time Sports and Elite VELO Pitching & Performance Program.

Parent/Guardian Permission Signature _____ Date _____

All Payments arranged thru Game Time Sports Chesterfield