

Registration Form

13 WEEK PROGRAM
11/10/08 - 2/12/09

Registration Ends: Wednesday, Nov 5th

Name: _____
FIRST

Address: _____
LAST

City: _____

State/Zip: _____

Phone: _____

Email: _____

Emergency Contact: _____

Emergency Phone: _____

Tshirt Size:

Youth S M L XL

Adult S M L XL XXL

Signature of Responsible Participant _____ Date _____

Printed Name of Responsible Participant _____

Liability Waiver & Guarantee: The athlete's safety & health is our top priority. Every precaution possible will be taken to ensure that the risk of accident or injury is minimized, however, as with any athletic & exercise activity, there is always some risk. Signing below indicates that you understand the risks involved in participation of the Elite and/or Junior Arm Speed Programs and that you agree to hold harmless Slammers Strength, Power Nutrition & Fitness and any of its strength and conditioning coaches, officers, agents, representatives for any injury the athlete may experience as a result of the athlete's participation in these programs. You also agree to the terms of the "Program Guarantee" as outlined previously in this brochure.

Sign Me Up!

Please Check One:

Elite Arm Velocity
\$795

Jr. Arm Velocity
\$650

Slammers Strength Programs

■ College/High School Sessions- ages 15 and up

TWO GROUPS: Mon-Wed, Tues-Thurs: 4:00-5:30pm

■ Youth Sessions- ages 12 to 14 years

TWO GROUPS: Mon-Wed, Tues-Thurs: 5:30 - 7:00pm

YES, for only an additional \$200, I will participate in both the Arm Velocity and Bat Speed programs.

Sessions may take up to 1 1/2 to 2 hours to complete. Due to the overwhelming response to our programs, participants must come to their assigned time slot. In order to maintain the integrity of our programs, students may not make up any part of the training without supervision. Note: Christmas Day through New Years Day are off days, scheduled week off from 12/25/08 through 1/1/09.

Payment Method: circle one

Check MC Visa Discover American Express

Name on Card: _____

Card Number: _____

Expiration Date: _____

Billing Address for Card Holder

Address: _____

City _____ State/Zip: _____

Signature _____

Refund & Cancellation Policy: No refunds will be given after commencement of the program. Player Rates can not be discounted nor prorated due to no shows after program begins. Slammers reserves the right to cancel any program due to insufficient enrollment. Payment plans available upon request.

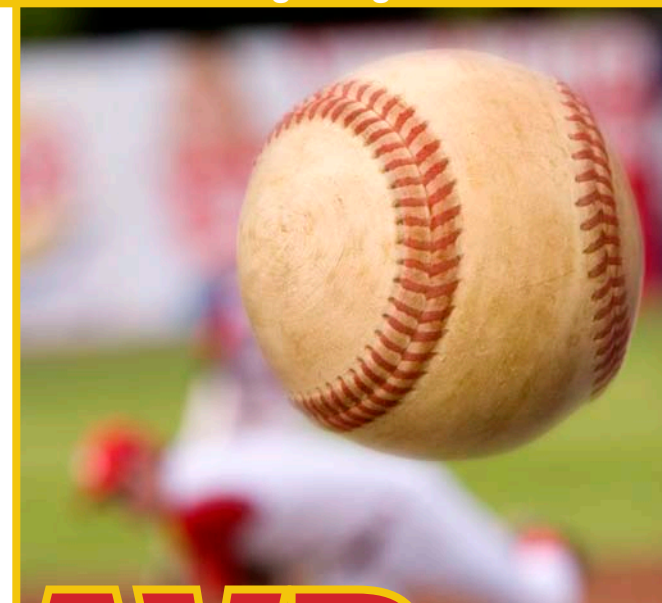


Premier Indoor Training Facility in Colorado

Slammers
strength™



Where Big Leaguers are Born.



AVP
Arm
Velocity
Program

13 Week
Program

Starts
Nov 10, 2008

Strength Training

Register Online
Today!

For more information contact Mark Holzemer at 303.988.7426, mholzemer@slammersbaseball.com

www.slammersbaseball.com

Premier Indoor Training Facility in Colorado

AVP Arm Velocity Program

An assessment of each pitcher's shoulder function, range of motion (ROM), health and preparedness for successful participation in the program, a video analysis of throwing mechanics, an advanced state-of-the-art pitcher-specific strength program, throwing routines to build strength and speed, stabilization and flexibility routines, and pitching mechanics lessons with Slammer's Instructional Staff.

Measured Performance:

Arm and ball velocity are regularly measured and documented to provide objective feedback and ensure program success.



Slammers Baseball
1878 S Wadsworth Blvd.
Lakewood, CO 80232-6831



13 WEEK PROGRAM

Objective:

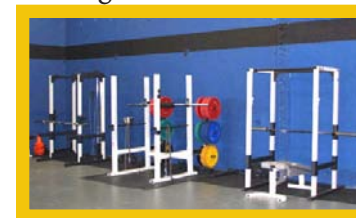
The Arm Velocity programs were developed to increase controlled ball speed and train the body to handle the unique demands placed upon the shoulder during pitching. The Elite program is only offered to College and High School pitchers who look to maximize ball speed in preparation for an upcoming season. The Junior Program is for pitchers ages 12-14. The number one objective is to enhance performance and decrease the risk of injury.

Guarantee:

On average, the Slammer's Strength Elite & Junior Arm Velocity Program has increased ball speed by 4-6 mph, with the highest record gain at 10 mph. This program is guaranteed to increase ball speed by at least 2-3 mph, or your money back. To be eligible for the guarantee, athletes must: 1) be accepted into the program, 2) attend 95% of ALL training sessions, and 3) meet work ethic criteria.

How AVP Works:

The Elite 2 day per week program (2 day per week for Juniors) integrates Slammer's advanced baseball-specific sports conditioning and throwing mechanics know-how with consideration of the shoulder's functional anatomy and the biomechanics of the pitching motion. Strength training will be included to develop speed and power. Arm speed is developed in sequence with the transfer of energy from the lower extremities and core, to the pitcher's upper extremity. To control this transfer of energy, dynamic balance must be emphasized. Weight training for pitchers is NOT body building! Often times, it is not the pitcher's large muscles that break down. Injury usually occurs in the smaller muscles and connective tissue of the shoulder, therefore, Slammer's strength training for pitchers is considered to be more functional fitness training.




Slammers
baseball™

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