



The Yard Introduces 2022-2023 Elite Velocity Program



PRESENTED BY:

Elite Velocity Certified Instructors

Sessions run year-round, based on current season

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: (Elite Velocity is designed to go year round, we switch between off-season, pre-season, in-season, "FOR ALL THROWING ATHLETES"!)

Individualized throwing/recovery program	Individualized training program	Individualized nutritional program
VELO Remote trainer w/ 5-7-day workout	Marc Pro EMS (www.marcpromo.com)	PitchLogic Monthly Analysis
Functional Movement Screen (FMS)	Flexibility/Mobility/CNS	Monthly video analysis
Recovery modalities	Bullpens (varies based on individual assigned workouts)	Starter/Reliever Specific training
Core & Joint Integrity	Pitch AI www.proplayai.com	Weightlifting Strength Programs
Arm Care Pgm- www.armcare.com	Pulse - https://www.drivelinebaseball.com/2021/07/motus-is-now-pulse/	

Mon 4:30-6p, Mon 6-7:30p, Mon 7:30-9p; Wed 4:30p-6p, Wed 6-7:30p, Wed 7:30-9p (will add times if needed)

FOR: All overhand throwing athletes (not just baseball), as well as all baseball position players. Even if you consider yourself to have perfect mechanics, one will constantly battle their recovery time in-between starts and that doesn't even account for all of the extra wear-n-tear from playing multiple positions in addition to pitching.

COST: Monthly Service:

● \$250 per Month, renewable monthly, via "The Yard" eSoft system

WHERE: The Yard, 2051 Trade Center Dr., Saint Peters, MO 63376

Tel: 636-387-0901

CALL: Call Mike Killian at 314-537-7738 for further info or email Mike at mikekillian@elitevelocity.com

Athlete's Name _____ Address _____ City _____ State _____ Zip _____

Age _____ Date of Birth _____ School Attending _____ Grade? _____ Contact Email Address _____

Home Telephone _____ Day Telephone _____ Emergency Telephone _____

I hereby give my consent for the above named student to participate in the supervised baseball workout regimen of the The Yard and Elite VELO Pitching & Performance Program; and, waive and release the 'The Yard 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 'The Yard and Elite VELO Pitching & Performance Program' programs of 'School(s)', 'Session(s)' and/or 'Clinic(s)'; or incurred while traveling to or from these 'The Yard 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 'The Yard and Elite VELO Pitching & Performance Program.

Parent/Guardian Permission Signature _____ Date _____

All Payments made thru The Yard Online Payment System, renewable monthly