



# The Yard Introduces 2023-2024 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  
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**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
Elite VELO Remote trainer w/ 5-7-day workout	Marc Pro EMS ( <a href="http://www.marcpro.com">www.marcpro.com</a> )	Trackman Monthly Analysis
Functional Movement Screen (FMS)	Flexibility/Mobility/CNS	Monthly video analysis
All recovery modalities	Bullpens (varies based on individual assigned workouts)	Starter/Reliever Specific training
Core & Joint Integrity	Pitch AI <a href="http://www.proplayai.com">www.proplayai.com</a>	Weightlifting Strength Programs
ArmCare Pgm- <a href="http://www.armcare.com">www.armcare.com</a>	Pulse - <a href="https://www.drivelinebaseball.com/2021/07/motus-is-now-pulse/">https://www.drivelinebaseball.com/2021/07/motus-is-now-pulse/</a>	

**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 ages 13 and up, \$165 thru ages 12, 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](mailto: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 hear-by 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**