



The Yard Introduces 2025 Elite Velocity Program w/Trackman

PRESENTED BY:

Elite Velocity Certified Instructors

Special In-Season using Trackman for Pitch design each Wednesday

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

In-season training using Trackman for pitch design, you must be signed up for 2-day

Monday Workouts / Recovery

Individualized throwing/recovery program
Individualized training program
Elite VELO Remote trainer w/7-day week workout
[Marc Pro EMS \(www.marcpro.com\)](http://www.marcpro.com)
Core & Joint Integrity
ArmCare Fresh Exam

Wednesday Workouts / Trackman Bullpen w/Pitch Design

Trackman **weekly** bullpen w/pitch design
Monthly Video Analysis w/Pitch AI
Driveline Pulse used during Bullpens to track elbow stress
Starter/Reliever Specific training
Post Throwing Recovery; Flossing, BFR
[Marc Pro EMS \(www.marcpro.com\)](http://www.marcpro.com)
T25: Elbow Sleeve provided
ArmCare Post Throwing Exam

You can come anytime from 4:30-9p, workouts will take approximately 90 minutes and Trackman Bullpens will have a signup sheet so players are not just sitting around

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

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