

# STRIK**X**CE THREE PITCHING PROGRAM

Winter #1 <sup>8 Weeks</sup> | November 2 – December 21

Winter #2 <sup>10 Weeks</sup> | January 4 – March 7

Weekly Workouts with Mark Nussbeck, Premium Pitching KC  
Individualized Throwing Programs in a Small Group Environment

## PPKC Strike Three Weekly Workouts

Warm-up, Mound Work, Max Throw, and Recovery

Utilizing J-Bands, Weighted Balls, Video Analysis, and *new* Spin Rate Technology

Proven Results | Throw Harder | Stay Healthier

2x Workouts per week

Tuesday 6:00-7:30pm

Saturday 11:00am-12:30pm

Recommended for Players 13 and Up

Winter #1 8 weeks \$495 | Winter #2 10 weeks \$595

Best Value | Both Sessions 18 weeks \$995 | Save \$95



Essentials Program for Younger Players Also Available

Winter #1 <sup>8 Weeks</sup> | November 2 – December 21

Winter #2 <sup>10 Weeks</sup> | January 4 – March 7

1 Workout per week

Saturday 10:00-11:00am

Recommended for Players 9 and Up

Winter #1 \$295 | Winter #2 \$345

Best Value | Both Sessions \$595 | Save \$45



TeamworkSportsKC.com/StrikeThree  
310 West 80<sup>th</sup> Street KCMO 64114 | 816 537 1390

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