

MIDDLE SCHOOL PITCHING GROUPS



COACH JACK LAIRD

- Pitcher at Seton Hill (2019-2023)
- T3 Performance and T3 Warhawks pitching coach.

60-MINUTE SESSIONS

- Work on pitching fundamentals
 - Movement Preparation
 - Flat ground and short boxes
 - Mound work
 - Arm health

DETAILS

- Middle School grades 6-8
- 6 weeks starting February 24th through March 25th
- Every Monday from 6pm-7pm
- Cost:
 - Single Session \$45
 - 6 sessions \$270

**CALL OUR FRONT DESK
TODAY TO GET REGISTERED!**



**1965 Recreation Lane, Avon
440-934-2244 / www.T3athlete.com
"Better Training, Better Athletes"**