

T3 PERFORMANCE

Pitchers Development Program with Jordan Kraus



LEAD INSTRUCTOR: **JORDAN KRAUS**

- New York Mets AAA bullpen coach 2023
- Pitching Coordinator at Cressey Sports Performance 2019-2023
- Pitching and Strength & Conditioning Coach at T3 Performance 2016-2019
- Professional Pitcher 2014-2019



NOVEMBER 6 - FEBRUARY 2

MONDAY & WEDNESDAY - OR - TUESDAY & THURSDAY SESSIONS



- Arm Health
- Velocity Development
- Delivery/Movement
- Mechanics
- Individualized Movement Prep
- Command/Pitch Ability
- Pitch design/Arsenal development
- Individualized Throwing program
- Track Man Technology
- Rapsodo Technology

TWO LEVELS:

1. High School classes of 2024-2028

12 weeks/2x week, 24 sessions/48 hours
\$1499 Mon & Wed or Tue & Thur. 4-6 pm
Includes Velo Training

2. Middle School Ages 10-13U

12 weeks/2x week, 24 sessions/48 hours
\$1499 Mon & Wed or Tue & Thur. 6-7 pm
Includes ATR/Velo Training for 3 months

*Train at T3 Performance Sports Campus.
Two state of the art facilities.
Free open training during Christmas week*



Instructor **JD HAMMER**

- Professional Pitcher 2016-2023
- Philadelphia Phillies 2019-2021
- Pitching Coach at T3 Performance 2021-2023



REGISTER ONLINE
[T3athlete.com/events/pitching](https://www.t3athlete.com/events/pitching)

1945 & 1965 Recreation Lane, Avon
440-934-2244 / www.t3athlete.com

PERFORMANCE

"Better Training, Better Athletes"