

# T3 VELO PROGRAM

## Summer Training Schedule

Starting June 3rd



### WHAT IS THE VELO PROGRAM?

**VELO** is a 90-min baseball specific speed and strength training program to help you:

- Increase bat speed and exit velocity
- Throw harder
- Run faster and steal more bases
- Get stronger and gain lean muscle mass
- Become a more durable athlete

**COACH SANTORO**



**HIGH SCHOOL**

**MONDAY-THURSDAY**

**9-10:30 AM**

**MIDDLE SCHOOL**

**MONDAY-THURSDAY**

**11-12:30 AM**

**COACH SMOSNY**



Scan Me to register or schedule an assessment if you're new to T3!