The Pitching Program is designed for the collegiate summer league baseball pitcher and incorporates a 1 to 7 day pitching rotation for starting and relief pitchers. A hybrid program constructed from the foundation of Ron Wolforth’s Athletic Pitcher Program, Tom House and the National Pitching Association’s Program, “In-Season Strength and Conditioning Programming for Collegiate Baseball Pitchers” (Kritz, Mamula, Messey, and Hobbs, 2008), and Speed City’s S.A.Q. Attack Program; the Pitching Program consists of two main components: throwing and training.

The throwing portion of the program incorporates pre-game throwing/bullpen routines, game/pitch workload, focused side-bullpen workouts, and 3 forms of long-toss: stretch toss, maximum long-toss, and rest toss.

The training portion of the program incorporates aspects similar to the Bigger and Faster Programs, but it is specialized for the college pitcher.

Athletes who purchase the Pitching Program will receive the following: an introductory session presented by a strength & conditioning coach, a packet that contains the throwing and training components of the Pitching Program, and the opportunity to participate in the Tuesday and Thursday “Faster” Program Workouts, explained above, throughout the season.

Additional consultation with the strength & conditioning coach is provided via athlete email request.