



Middle School Baseball Speed and Strength Program

Velocity Sports Performance is again offering its proven Strength, Speed, and Conditioning Program for all middle school baseball players looking to be in optimum playing condition. This training program provides the following:

Program Emphasis:

- * Improve Agility, Linear Speed and Explosiveness
- * Maximize Rotational Power
- * Improve Bat Speed and Lower Body Power
- * Increase Foot speed and Reaction Time
- * Learn what it takes to “train like the best to be the best”

Program Director – Ryan Massimo, Sports Performance Director

*Former East Carolina University and Atlanta Braves
Baseball Player, Coach Massimo's Credentials
Include:*

- Collegiate Strength and Conditioning Coach Certification
- Duke University Strength and Conditioning Coordinator
- USAW Certified in Olympic Lifts

Currently Taking Enrollments
M/W/F 6:30-8:00pm

“Why Do You Train?”

Call 703-723-7300 or email Coach Mapp or Coach Kimener @
gmapp@velocitysp.com or mkimener@velocitysp.com
for More Information

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