



Long Toss Program

What is Long Toss?

Long toss isn't simply playing catch at long distances – it is playing catch at long distances with the purpose of increasing arm strength and endurance. It involves throwing at specific distances for certain lengths of time to gradually work a player's arm up to his or her full potential strength. AE's long toss program is designed after programs widely used by many Major League teams and is monitored by professionals.

Why Long Toss?

"Without the opportunity to long toss, the arm isn't able to gain the strength, length, and endurance it needs" – Seth Etherton, Cincinnati Reds, Former 1st Round Draft Choice

"I think long toss is a great way to build your arm up, to get in shape to throw off the mound" – Greg Maddux, 4-time Cy Young Award Winner

"Long Toss is a very important part of conditioning and training for everyone." – Dr. Lewis Yocum, Kerlan-Jobe Orthopedic Clinic

Long toss, combined with a solid strength training routine, is the only way to build arm strength in baseball players, which is essential to becoming a successful player and competing at higher levels. Outfielders, infielders and catchers alike can all benefit from stronger arms but even more so pitcher undoubtedly benefit from having a **stronger, more durable arm**. Increasing a pitcher's **fastball velocity** will create better, **sharper breaking balls**, and make **change-ups more deceptive**. Most college recruiters and pro scouts use radar guns (which measure arm strength) to assist them in making decisions on players. A solid pre-season long toss program will help make that radar gun evaluation work in a player's favor.

The long toss program will also help with a pitcher's **arm endurance**, as pitchers will be able to pitch deep into games and **maintain velocity** in late innings. It will also help to shorten **recovery time** and allow a pitcher to **throw more frequently**, while **decreasing the risk of injury**. All professional pitchers have pre-season long toss programs which help them perform to the best of their abilities when it counts – during the season. Don't let the cold weather prevent you from achieving tremendous success this season and beyond.

THROWERS Long Toss Program will help players:

- Increase Velocity
- Improve Off-Speed Pitches
- Improve Accuracy
- Prevent Injury
- Impress Coaches and Scouts
- Maximize Potential

Program Details

- What: Focused, intense 45 minute workouts overseen by professionals
15 minute warm-up (including footwork, plyo's); 15 minute throwing program; 10 minute shoulder and core strength
- When: January 4th through March 13th (10 weeks, 30 throwing sessions)
3 times per week – Monday & Thursday evenings; Saturday early afternoon
- Where: Athletic Evolution
78b Olympia Avenue
Woburn, MA 01801
- Participants: Maximum of 8 athletes per time slot – high school athletes only
- Cost: Only \$349 for the entire program (paid in full to reserve spot)

The program will be run by Dave Kaloyanides, Director of Strength & Conditioning at AE, and Ryan Williams, UMASS Lowell pitching coach.

For questions or sign ups please contact Dave Kaloyanides at Athletic Evolution

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