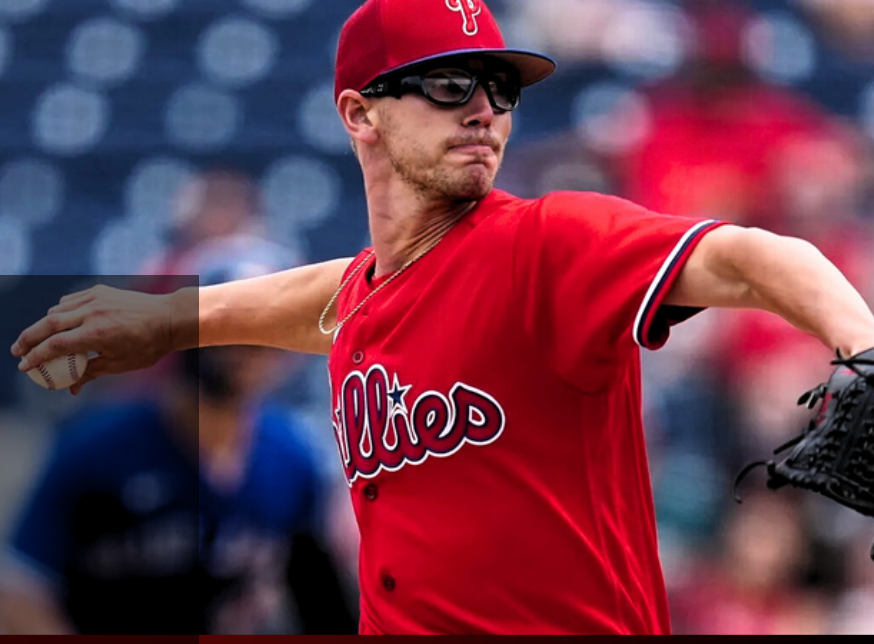


AUSTIN
ROSS



PITCHING LESSONS

MON - FRIDAY: 4PM - 7PM
SATURDAY: 1PM - 3PM

30 MINUTES: **\$50**

1 HOUR: **\$90**

INCLUDES:

- Stretch
- Throwing/Drills/Bullpen with video
- Go over video (mechanical focus)



INCLUDES:

- Pre-throwing warm up
- Throwing/Drills/Bullpen with video
- Go over video (mechanical focus)
- Post-throwing flush

AT HOME - ARM MAINTENANCE PROGRAM

- Anyone who books a lesson with me will receive a email document of an arm workout. The document will give you pictures and exercise instructions to properly preform the workout. This will help keep the arm healthy and gain arm strength in areas you need.

EXPERIENCE:



Reliever for 5 years in the Philadelphia Phillies organization. Played as high as AAA and MLB Spring Training.



Pitched 2 seasons for the Adelaide Giants in the ABL. Won the ABL Championship in 2022-2023 season.



Pitched for Division 1 Radford University for 5 years. Won 2 Big South championships. 1st team All-Virginia starting pitcher in 2018.

CONTACT ME



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