



Year Round Throwing Program

5 Phases and a Personalized Approach for Each Athlete

Contact Brian Kalczynski

briankalczynski@gmail.com

248-910-7493

1. Throwing Foundations Phase (September-October)
2. Velocity Development Phase (November-December)
3. Preseason Phase (January-March)
4. In Season Pitching 1 (March-May)
5. In Season Pitching 2 (May-August)

Location:

VEC Field House at
Warrior Park
1525 Equity Drive
Troy, Michigan 48084

Mike Steele



Graduate from Midland Dow High School, Grand Rapids Community College, and Central Michigan University. NCJAA D2 All-American and 2x All-MAC Selection. 28th round draft pick of the Detroit Tigers. Played six seasons in the minor leagues and was a 3x All-Star. Six years as a D1 pitching coach with Michigan State, Long Beach State, and Wichita State. Had 35 players drafted, 31 of which were undrafted out of high school. Was an area scout for one year and signed Cole Tucker in 2014. Spent 11 years as a minor league pitching coach and as a throwing/rehab coordinator with Pittsburgh and Cleveland. Mike is certified through *ArmCare.com*, *On-Base U*, *Rapsodo*, and *Driveline*.



Bob Riker



Graduate from Brother Rice School, and Central Michigan University. Drafted by the Detroit Tigers. Began as an assistant coach in 1991 at BR, and was a part of the program's first two state titles in 1992 and 1994. Became the head coach in 1998 and won the program's third state title in 2008. Riker is the all-time winningest coach at BR and is in the Michigan Baseball Coaches Hall of Fame. Riker has a record of 656-237-4 (.735%) and has appeared in a record 14 Catholic High School League championships, winning nine times. More than 75 of his former players have played in college or beyond, including current professional players Matt Ruppenthal (Astros) and Karl Kauffmann (Rockies).



Health of the Arm, Proper Throwing Mechanics, Improved Velocity and Accuracy,
Different Types of Pitches and Grips, and Body Maintenance