

***BKC Pitching / Throwing Program Lessons
September 8 to October 30
29235 Stephenson Hwy, Madison Heights, MI 48071***



**Pitching Instructor:
Hunter Pidek
Oakland University**



Pitching Instruction:

- Proper warm-up
- Effective pre-throw routine that can be repeated at home between lessons
- General pitching / throwing routine with an emphasis on mechanics and the mental approach
- Healthy post-throw recovery and conditioning
- Each athlete will receive an individualized day by day throwing program

Lesson Package:

Tuesdays: September 8, 15, 22, October 6, 13, 20, 27 (4pm, 5pm, 6pm, 7pm, 8pm) \$560
Wednesdays: September 9, 16, 23, October 7, 14, 21, 28 (4pm, 5pm, 6pm 7pm, 8pm) \$560
Thursdays: September 10, 17, 24 October 8, 15, 22, 29 (4pm, 5pm, 6pm, 7pm, 8pm) \$560
Mondays: September 14, 21, October 5, 12, 19, 26 (4pm 5pm, 6pm, 7pm, 8pm) \$480

Pitching:

2:1 player to instructor ratio

Lesson Cost: \$80

Age: 8-18

Location: 29235 Stephenson Hwy, Madison Heights, MI 48071

Payable: BKC

Mailing Address for Checks: 16299 Beechwood Beverly Hills MI 48025

Venmo: @brian-kalczynski

Contact Info: briankalczynski@gmail.com or text or call at 248-910-7493

To Register: briankalczynski@gmail.com