



PITCH-A-PALOOZA

Official Social Media Hashtag - #PALOOZA21

Friday-Sunday will be held at Battle Ground Academy – 336 Ernest Rice Ln – Franklin TN

WIN FREE GEAR: Every social media post which is tagged with #PALOOZA21 gets your name into a random drawing to win free gear! The more you post the greater your chances for winning

Thursday: Core Velocity Bonus Night: Next Level Baseball Instruction – 240 Great Circle Rd #310

6:00: Jimmy Jackson

7:00: Hunter Bledsoe

8:00: Jon Watson

9:00: Lantz Wheeler

10:00: Q&A

Friday: Battle Ground Academy – Indoor Football Facility

6:00: Lantz Wheeler – “The 4 Stages of FEEL”

7:00: Emily Ferree – “Anchor the Middle”

8:00: 108 Performance (Eugene Bleecker/Will Marshall/Andrew Parks)

9:00: Ben Brewster – Tread Athletics – “A Holistic Approach to Pitching Development”

Saturday: Battle Ground Academy – Indoor Football Facility

8:00: Fred Corral – Low hanging fruit: 2 Simple Things To Improve Your Pitcher Today”

9:00: Butch Thompson – Pitching Journey: Then and Now

10:00: Bhrett McCabe – “Managing Fear & Anxiety in Today’s Athlete”

11:00: Jerry Weinstein – “A System to Control the Running Game”

12-2: Lunch provided by GoodSport w/guest speaker Bob Murray/Michelle McBride

2:30: Fumi Isshiki – “Time Not to Trust Biomechanics”

3:30: Regan Wareham – Change Your Brain/Change Your Game

4:30: Nunzio Signore – “Increasing Athletic Performance in the Weight Room with VBT”

5:30: Rapsodo

Dinner Intermission – Food trucks

7:30: Zach DeChant – “The Importance of Pelvic Control in All Facets of Your Program”

8:30: Randy Sullivan- “Savage Training: Movement not Mechanics”

9:30: Scott Foxhall – “Intentional Strikeouts”

Sunday: Battle Ground Academy – Indoor Football Facility

9:00: Gary Trottier – “Transforming Athletic Development w/Holistic Training Modalities”

10:00: Ethan Katz – “Bullpen Variations”

11:00: Justin Robichaux – “Colored Plate & The Philosophy of Training the Art of Pitching”

12:00: Gabe Ribas – “How to Use Data to Inspire Today’s Pitcher”