

The BioForce 3-Day Elite Pitching Camp

If Pitching is Your Passion, You Can't Afford to Pass Up the Most Intense, Most Comprehensive, 3-Day Pitching Training Camp West of Fenway Park!

Our intense pitchers training camp is not for the faint of heart. Not for the pitcher looking to throw a few pitches, hear a few stories, and waste a few valuable days on the same old pitching instruction. This camp is for those who want the best and are looking to find out what is holding them back from big velocity gains and improving their control, all with a more durable and stronger arm.

Dear Pitching Enthusiast,

I am serious about looking for 24 passionate pitchers who want an unforgettable and quite possibly career changing learning experience.

I'm like you. I've been to the bargain pitching clinics where the instructor says the same thing I've heard for years....get your balance point....get on top of the ball....ball against the wall....land on your toe, drop and drive...etc....etc...etc.

I don't know about you, but I'm tired of that stuff. I've even worked at some camps like that....it puts me to sleep.

My name is Bill Mooney, owner and lead instructor at BioForce Baseball. I am very passionate about giving elite athletes the tools it takes to reach the levels of their dreams.

At BioForce, we are doing something really exciting and completely different than you'll experience anywhere else. This training camp will not be a cattle-call clinic where there are a ton of kids and everyone pays a cheap price. We are not about cheap. We are about quality of information and instruction. An investment of time that will pay dividends.

This BioForce Elite 3-Day Camp should challenge you physically and mentally, helping you learn pitching down to the core...at a real deep level.

If you really want to be a student of the game, and learn the correct way to pitch...and I mean that in a way that will help you make velocity gains you've only

dreamed of, gain better control than anyone in your league, and best of all, minimize the risk of injury... then this is the opportunity for you.

This BioForce training camp will be presented by the experienced and dedicated BioForce staff along with the experts at Physiotherapy Associates.

I was a pitcher in my younger days. Even pitched a little in college until I came down with an arm problem. BioForce is the product of what I learned from my mistakes. Mistakes I didn't want my own sons to make. Mistakes I don't want our students to make. You see, I listened to conventional wisdom and trained the wrong way. I've made it my passion to not let others make those same mistakes.

I've been teaching pitching for years. I have been trained by the best. I've traveled the country educating myself on the finer points of pitching biomechanics. I've surrounded myself with the best in physical and performance training.

That's why this camp is even more special.

How Can You Expect to Get Better if You Don't Know Your Limitations?

I learned early on that you are only as strong as your weakest link.

If it is mechanically, you are as strong as your weakest movement.

Physically, you are as strong as the weakest part of your body.

That's why we've teamed up with an incredible physical therapist at our academy. We want to help our students identify what is holding them back.

In this special 3-day clinic, besides benefiting from the BioForce pitching mechanics expertise and proven methods, you'll also be evaluated and educated by likely the best Physical Therapist in the country for shoulder and elbow health for pitchers, Donn Dimond, PT, OCS.

It's incredible what Donn has done for some of our pitchers. He's really increased their shoulder flexibility and shoulder strength. He's improved their endurance....and in many cases, provided the platform for the pitchers to increase their velocity.

I feel so strongly about Donn's great skills that I've had him work with both of my sons and we've seen some incredible improvements in both of them. One of my boys is a high school varsity pitcher; the other, a Division 1 college pitcher.

Donn's no ordinary Physical Therapist....he's got information and data on major league pitchers and can compare your results with MLB pitchers.

His incredible wealth of information will open your eyes to....

- How much mobility your shoulder needs
- How much strength your shoulder should have
- How much core strength you need
- And best of all, you'll learn where your strength and mobility are in relation to MLB pitchers

No more guessing. No more wondering.

You'll find out what has been holding you back from making some incredible velocity gains or what's keeps you from finishing a game.

"I went to the BioForce Baseball Academy for a period of six weeks from the Dominican Republic to improve my pitching mechanics and gain some velocity. During my initial evaluation, we found that I had a shoulder problem that was holding me back from gaining velocity. But still, with that minor setback, the BioForce trainers did an excellent job improving my conditioning, my mechanics, and the mental aspect of the game. I would recommend BioForce to any pitcher who wants to improve their game from Little Leaguers to Major Leaguers."

Juan Marichal, Jr

Son of hall of fame pitcher, Juan Marichal

Who Else Will Be Training me?

Don't think the only instructors working with you will be me and Donn. We've got some incredible talent to help keep the pitchers busy and learning the nuances of the sport. One of our long-time BioForce instructors will be working with each student. **Chris Pine**, a former All-American standout at Oregon State University and former Triple-A pitcher for the Angels, will be giving a great insight of college and professional pitching to all the players.

Brandon Rupp, a former BioForce student, a past pitcher for former Division 3 National Champions George Fox University, and current assistant coach at George Fox, will give his insight on pitching, conditioning, and mechanics to all the athletes.

A real **All-Star** staff to help you build your pitching career.

The Camp Sounds Interesting Bill, But What Else Will I Learn?

I don't want you to get the impression that this is just a pitching mechanics camp.

Been there, done that.

We will talk about and work on pitching mechanics. But not in the sense that everyone else does. Not the old school, ball-against-the-wall, flex-t, point your toe here, don't cross over, get-on-top, get your balance point old school and conventional wisdom teaches.

You see, we feel there are only a few principles (some call them fundamentals) that the best pitchers in the game follow to be the best.

Great pitchers do these same things exceptionally well. They all just look differently doing them because each has his own style.

You'll even see a lot of videos of some great modern pitchers and many from the past and how they relate to our principles.

We won't try to get you to be a BioForce clone or any other type of clone. You'll keep your personal and natural style.

That's the great thing about our camp....we teach principles, not style. It's like an autograph. It's your personal style.

And there's a ton more to learn and do at the 3-day camp.

We will work on....

- **How to master many different pitches.**
- The strategic side of pitching. How to set up hitters and what to look for.
- **Pick-off moves and how to hold runners.**
- The mental and emotional side of training, competing, and goal setting.
- **Our pitching fundamentals and how they relate to gaining velocity, improved control, other pitches, and keeping the shoulder, elbow and body healthier.**
- Very productive drills to help you achieve better results.
- **A great pre-game and pre-practice warm up routine.**
- Conditioning tips for better performance and arm care for both in-season and off-season.
- **Better communication skills with your coach and teammates.**

- How to work with difficult coaching.
- **Recruiting tips and strategies to get college scholarships.**
- If arm issues do come up, if and when you should see a doctor and what types of doctors to see.
- **And....How many pitches are appropriate to help you minimize the risk of injury!**

“All I can say is that you need to try it in order to see the results. You can be satisfied with being a good pitcher, or you can push yourself to be a phenomenal one. BioForce is the first step in the right direction.”

*Ben S.
BioForce Student and College Pitcher*

Sounds Like this Could Cost an Arm and a Leg?

I mentioned earlier, this will **not** be the cheap \$99 - 150 kids, bulk pitching clinic.

This clinic is specifically designed for the dedicated pitcher, age 10 to 20 who has the burning desire to improve his game, find out what is holding him back, and reach incredible heights.

Private training at our academy runs anywhere from \$90 per hour to \$135 per hour.

I know Donn's physical evaluations run about \$200.

We will have an evaluation session Friday night, February 16th for about 3 hours. On Saturday, you can expect at least 4-5 hours of instruction and about the same on Sunday.

That's about 12 hours of intense, hands-on instruction, not to mention the wealth of information you'll receive.

Do the math. That's between \$1,000 to \$1,600 worth of information and instruction.

We've priced this special camp at only \$399 per pitcher. And we are only accepting 24 students at this time.

Not only will you walk away with this great information and instruction, Donn and I will throw in 3 special bonuses valued at almost \$400 as an incentive to act now to reserve one of the 24 spots available.

My Personal 100% Satisfaction Guarantee

How many lesson givers out there will stand behind their instruction? Not many I bet.

We do.

Here's the deal. I feel so strongly about the quality of information and instruction in this camp that I will refund your money if you are not happy after the first evening. If, for any reason, you are not happy with the 3-day camp after Friday evening, I will cut you a check and refund the full amount of the training camp...and quick..

And you can keep the special bonuses below.

If you're still a bit gun shy, I'll include 3 great special bonuses to help get you over the top on the decision.

Special Bonus # 1 A \$200 value

I've asked Donn, and he has graciously agreed, to include a full shoulder and elbow exam, as well as a core strength evaluation for each participant. You'll get exact measurements of your shoulder strength.

And.....you'll know how you compare to major league pitchers.

Special Bonus # 2 A \$135 value

We will not only watch videos of some great pitchers of the past and present, we will also film your pitching and analyze your strengths and weaknesses. You'll take notes and create a game plan for future improvement.

We will also burn you a copy of your video analysis on a CD so you can take it with you and watch it at home.

Special Bonus # 3 A \$65 value

You will leave with a manual and an outline of the information you gathered during the 3-day camp, so there won't be any "I wish I could remember what I learned" comments a week later.

All these special bonus items equal the price of the camp. Not to mention the great instruction you will receive.

*One of my all-time favorite movies is **Field of Dreams**. If you remember, Ray built the baseball field out of faith and passion for something he truly believed in. I can*

hear the deep voice of James Earl Jones' character, Terence, telling him, "People will come, Ray. They'll come to Iowa for reasons they can't even fathom. They'll turn up your driveway, not knowing for sure why they're doing it. They'll arrive at your door, innocent as children, longing for the past."

Terence could feel something special was happening.

That's the same feeling Donn, Chris, Brandon, and I have about our 3-day pitching camps. There's something really special brewing.

People will come Bill...Send this letter to folks who are passionate about baseball, and they will come....

Remember, the spots are limited, so act quickly.

Keep training like a champion today!

Bill Mooney

P.S. Bonus materials worth about \$400....a personal money-back guarantee....find out what might be holding you back....priceless! Give us a call, email, fax....or better yet, sign up online right now. Remember, there will be only 24 spots available so act quickly!

"I wish I would have looked into it sooner. My son has developed so much in just a few sessions that I wish I had started him a couple of years ago."

Gary C.

Father of a BioForce Elite Pitcher

Camp Itinerary

BioForce 3-Day Elite Pitching Training Camp

<u>Friday, Feb 16th, 2007</u>	6pm to about 9 pm	(Evaluations/Video)
<u>Saturday, Feb 17, 2007</u>	9 am to 12 pm	(Group Education)
Lunch on your own	12 to 1:30	
Afternoon Session	1:30pm to 4:30 pm	(Breakout Sessions)
<u>Sunday, Feb 18, 2007</u>	10:00 am to 1:00 pm	(Breakout Sessions)

Call BioForce Baseball Academy for more information at **(503) 644-5500**

BioForce 3-Day Elite Pitching Training Camp Registration Form

Friday, February 16th, 2007
Sat. Feb 17, 2007
Sunday Feb 18, 2007

6pm to about 9 pm
9 am to 12 pm 1:30pm to 4:30 pm
10:00 am to 1:00 pm

Call BioForce Baseball Academy for more information at **(503) 644-5500**

_____ I am enclosing a check in the amount of \$399 or

_____ Please charge my Credit Card \$399 or

_____ I registered on the BioForce Website.... www.bioforcebaseball.com

Parent/Guardian Name: _____ Athlete Name: _____

Athlete's Birthdate: _____ Grade this school year: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Cell Phone# _____

Email Address: _____

Visa or MC# (Circle One) _____ cvs code _____ Exp _____

Checks can be made out to BioForce and mailed with this registration form to:

BioForce Baseball Academy
7866 SW Nimbus Ave
Beaverton, Or 97008
Phone (503) 644-5500
Email: support@bioforcebaseball.com
Fax: (503) 644-4470
Web: www.bioforcebaseball.com

Signature _____

Date: _____

Looking for lodging? Give us a call and we can help you find nearby hotels.