

zoom lesson information

If you are signed up for any type of zoom lesson, you need to make sure you have a good connection to limit any glitches. Being connected to WiFi is highly recommended. Have everything set up in advance so we don't have to waste any time with it. You can throw to a catcher from full distance, into a net from a short distance or even a sock into a door in your house. There are a lot of ways to get better anywhere!

VIDEO SETUP: I want us to be able to see each other so make sure your camera is on selfie mode. Have your camera set up directly to your pitching side. You are more than welcome to add multiple devices to show me different views. If that's possible, I'd like to see you from your pitching side and directly behind you. Make sure your camera can be moved easily because I may ask you to move it to see a different angle.

online lesson program

Links will be sent through my appointment app, Setmore. Your 24-hour lesson reminder email will include the link. A new workout will go live each lesson day and we will go through it together. Each workout should be completed at least 3 times a week for 2 weeks. You'll get a new workout every 2 weeks with other content being released on the opposite Sundays. After the first lesson, you should have your dynamic warmup and arm care routine completed before your lesson starts.

individual

My availability will be sent out month to month and these add-on lessons will be 30 minutes long and \$30. You'll have the option of letting me know what you'd like to work on or I can come up with a plan. You could be struggling with a certain drill or part of your pitch or just want to make sure you are doing the right thing. Your 24-hour lesson reminder email from Setmore will include the link or I will send the ID and password shortly before your lesson. You need to be fully warm before your lesson starts.

group workout

These are also an add-on and will be offered on certain Sunday evenings from 5:30-6:30pm and are open to all ages and skill levels. There will be little to no individual instruction during the group zoom workouts. Think of these as virtual mini camps! I will either take you through a workout or teach you about a certain pitch or pitching skill. I will send out a registration form at least a week in advance and you'll have until 4:00pm on the zoom day to sign up. I will email the link by 4:30pm and they are \$30.