



# Accuracy with Velocity Throwing Program

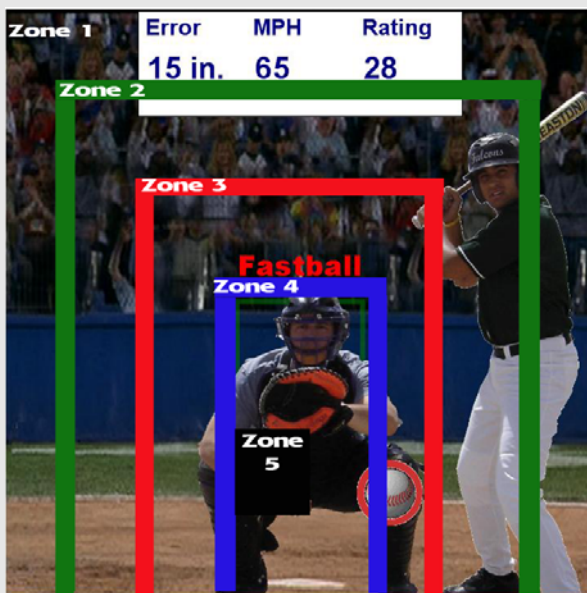
Everyone agrees that all players need to throw more  
Now there is a tool specifically for throwing

# Throwing Program Overview

The **Pitching Central** throwing program was designed to provide athletes with a simple system emphasizing attainable goals, increased difficulty levels and immediate, objective feedback.

This system is not just for pitchers, but for all players, as everyone need to be an accurate thrower at their peak velocity.

Infused with the 3,000 year old martial arts system, the Accuracy with Velocity Program continues to add levels of difficulty, challenging even the best players. Just as in martial arts, there are belts for each level, and the requirement to attain the next level become more and more difficult.



As a player moves up in difficulty level, the zone to which they are throwing shrinks. You can see two different zones in the picture here.

To move up levels a player must demonstrate accuracy at 95% of their peak velocity.

Pitchers throw to a catcher as shown here, position players throw to a 1st baseman with the target in the middle of the screen.

Results are saved for each pitcher and level advancement is automatically tracked by the computer.

**A Proven Model:** this program is the foundation of Ron Wolforth's system. It offers every player the opportunity to demonstrate their ability and gives purpose to every workout.

For more information on this program and how it can work in your facility or for your team, contact BlackSound Sports.

# Throwing Program Details

## Levels of Achievement:

**Level I White Belt :** the board is the focus point. Success is 7 out of 10 hits reaching both velocity and command benchmarks simultaneously for 2 of the 3 sessions. Level 1 can be achieved in the first session.

**Level II Green Belt:** Hit the Zone #2 Target 66" high X 42" wide, at benchmark Velocity. Success is 7 out of 10 hits reaching both velocity and command benchmarks simultaneously for 2 of the 3 sessions. Level 2 can be achieved in reaching the standards for 2 consecutive lessons.

**Level III Red Belt:** Hit the simulated Strike Zone #3- Target 48" high' X 34" wide, at bench mark Velocity. Success is 7 out of 10 hits reaching both velocity and command benchmarks simultaneously for 2 of the 3 sessions. Level 3 can be achieved in reaching the standards for 3 lessons.

**Level IV Blue Belt:** Hit the simulated strike Zone Target 24" high' X 17" wide, at bench mark Velocity. Target 4a is bottom half of strike zone- 3 sets of 10 throws. Success is 6 out of 10 hits reaching both velocity and command benchmarks simultaneously for 2 of the 3 sessions.

Level 4 can be achieved in reaching the standards for 4 lessons.

**Level V Black Belt:** 'Corners with Command' Hit the simulated strike Zone #5a, 5b & 5c and 5d- Target 8" high' X 8" wide, at bench mark Velocity-. Success is 5 out of 10 hits reaching both velocity and command benchmarks simultaneously for the 4 sessions. Level 5 can be achieved in reaching the standards for 3 lessons.

The program design allows for up to 6 players to throw an hour. Players warm up their arms, spend 30 minutes throwing at the K Zone in groups of 3, then stretch and cool down.

## Software & T- Shirts

Software makes the throwing program easy. Enter the players who are throwing and they rotate through. K Zone records the accuracy and velocity of each pitch, keeps track of player progress, and provides reports.

T-Shirts make the challenge fun and provide incentive and bragging rights— 'I Earned it' - it also provides marketing for your facility and makes everyone want to participate. For Each level has the same color T-Shirt

## What's Next



### Animated Game Software

As we continue improving our simulated game software, the next logical step is movement of the players.

More programs from Ron Wolforth. We hope to have a successful launch with the throwing program and follow that up with Ron's strength program and add additional levels to the throwing program. Don't worry if you get a few Black Belts, we will continue to provide additional challenges to players of all levels.

We also expect to complete software that will allow players to be recorded, a tool we expect to add value to facilities helping athletes with recruitment. Players will be able to send a video to coaches showing mechanics, accuracy and velocity. This is a product that has been requested by college coaches to help them with their evaluation of recruits.

## Pricing



### Projection K-Zone

**\$14,950**

Includes Stalker Sport Radar Gun, projector, computer, installation, one day on-site training, a 2 year warranty and 1 year of free software upgrades (Training and Simulated Game Software only).

### Accuracy + Velocity Throwing Program

#### Gold Package—software only

**\$ 2,697**

All inclusive software package that lets you start your throwing program.

#### Platinum Package—

**\$ 3,997**

Includes Gold Package Plus:

- \* One yearly two day symposium on utilizing K-Zone & Throwing Software Including one whole day dedicated to enhancing the marketing of the process (\$1957 Value).
- \* E-mail and FAX contact for questions.
- \* One Free attendance for any athlete to Cohen/Wolforth Combine (\$499 value)
- \* Unlimited 50% off attendance for athletes to Cohen/Wolforth Combine (\$249 value).
- \* 15% discount off future AV software Black Belt advanced levels (\$375 value).



Sports, Inc.

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# Throwing Program Revenues

## Revenues:

2 nights per week, 20 kids

\$50/week/ per athlete	1000 week
Monthly Revenues	4000 month

## Costs:

4 hours - 2 high school kids, 2 nights/week	16 hours/week @ \$10/hr	160
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Costs/month	640
Net Revenues/Month	<u>3360</u>

## Cost of the Machine/Program Software

Projection K Zone	14995
Software	<u>2697</u>
	<u>17692</u>

Weeks to pay off equipment	21
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## Double the program - add softball

## Revenues:

4 nights per week/ 40 kids total

\$50/week, per kid	2000 week
	8000 month

## Costs:

4 hours - 2 high school kids, 4 nights/week	32 hours/week @ \$10/hr	320
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Costs/month	1280
Net Revenues/Month	<u>6720</u>

## Cost of the Machine/Program Software

Projection K Zone	14995
Software	<u>2697</u>
	<u>17692</u>

Weeks to pay off equipment	11
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# Throwing Program Cycle

## **Black Belt Accuracy + Velocity Program:**

### Main Features

Softball and Baseball (Pitching program and throwing program)

Provides immediate feedback and results for players and add levels of achievement with T-Shirts

Levels provide attainable, although difficult goals and adds a reward/achievement system.

### **Cost per players - \$50/week for (2) 1 hour sessions**

How the kids go through the cycle:

5pm - Cycles begin - Group 1 begins warming up  
5:15 - Group 1 begins on K Zone  
5:30 - Group 2 begins warming up  
5:45 - Group 1 moves to stretching, Group 2 to K Zone  
6:00 - Group 1 Completed, Group 3 begins warming up  
6:15 - Group 2 moves to stretching, Group 3 on K Zone  
6:30 - Group 2 Completed, Group 4 warming up,  
6:45 - Group 3 moves to stretching, Group 4 to K Zone  
7:00 - Group 3 Completed, Group 5 warming up  
7:15 - Group 4 to stretching, Group 5 to K Zone  
7:30 - Group 4 Completed, Group 6 warming up  
7:45 - Group 5 to stretching, Group 6 to K Zone  
8:00 - Group 5 completed, Group 7 warming up  
8:15 - Group 6 to stretching, Group 7 to K Zone  
8:30 - Group 6 Completed  
8:45 - Group 7 to stretching  
9:00 - Group 7 Completed

7 Groups - 3 kids/group                      21 kids      2 Lanes

You will need 2 High School Players to run the program.

No mandatory times/ Software keeps track of each player

Players fill slots in whatever time bracket they like

Kids can come in and throw as often as they like.

Can be incorporated into lessons

Easy Add on to Team Rental as a station/drill in team practice

May require someone supervising K Zone

# Black Belt AV1.0 Software

*Please Print Clearly*

Name: \_\_\_\_\_ Birth date \_\_\_\_\_ Age at Combine Age \_\_\_\_\_

Academy \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (      ) \_\_\_\_\_ Email: \_\_\_\_\_

## Platinum Package

\$ **3997** one-time payment **or**

\$ **999** initial payment plus **four** quarterly payments of **\$875 (credit card only)**

## Gold Package

\$ **2697** one-time payment **or**

\$ **999** initial payment plus **four** quarterly payments of **\$525 (credit card only)**

## Special Offers

10% off of any package for a Baseball or Softball franchise licensee.

20% off of any package to current K-Zone owners until March 31, 2008

### Method of Payment

☐ I am enclosing check for \$ \_\_\_\_\_ made payable to the **Cohen-Wolforth Institute of Baseball Performance**

☐ Please charge my credit card (MC or Visa) one-time only for \$ \_\_\_\_\_

☐ Please charge my credit card now for \$ \_\_\_\_\_ and four quarterly payments of \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*Charges will appear on your statement as Palladium Health.**

Please contact the **Cohen-Wolforth Institute of Baseball** at 281.465.4743 or [info@elitepitcherscombine.com](mailto:info@elitepitcherscombine.com) with any changes in credit card information.

**Mail to: CWIBP 7 Tealbriar Circle The Woodlands, TX 77381**

**Fax to: 302.347.8642**