

We will measure:

- Arm Strength
- Movement
- Spin Rate
- Release Time



Primal 1 Baseball

Pitching and Throwing Program

Do you want to take your pitching/ throwing skills to another level? Join the Primal 1 throwing classes. Learn from former college a player and coach Phil Betterly. Throwing classes will be offered 3 times per day up to 6 times per week. The areas of developmental focus are:

- Arm action
- Arm health
- Velocity
- Accuracy
- Athleticism

While we will cover all of these, priority will be given to each individual's biggest area of need. Movement screens, video assessment, 3d motion capture, radar readings, and Rapsodo data will be used to create programs. Sign up today! Contact debj@trainatprime.com