



# ***The Grind Australia*** ***pitching & throwing development***

## **Sessions & what to bring**

- Mon/Tues/Wed/Thu/Sat
- Group sessions start - 3pm onwards
- Private sessions - agreed times
- Group sessions - max 6 participants
- Male and Female participants
- Held at Surfers Paradise Baseball Club
- Under 12s - bring a soccer ball
- 1KG med ball for 13 and above
- Bring Foam roller & Exercise bands
- Baseball Glove, cleats, runners/turf shoes
- Water bottle, insect repellent & sunscreen
- Cap, Shorts & T shirt are OK

## **the pricing bit**

- 1 private + 12 group sessions- \$550
- 1 private & 6 group sessions - \$350
- Repeat sessions;- 6 group sessions - \$250
- Private sessions - \$100
- Single group session - \$40
- Zoom lessons \$90

Prices are subject to change until paid in full,  
dates and times may vary.

Video maybe used for social media purposes unless  
other wise advised.

## **Coaching accreditations**

- Top Velocity Certified Pitching Coach
- DriveLine Foundations of Pitching Certified
- DriveLine Pitch Design Certified
- Rapsodo Pitching accredited
- ProplayAI Intro to Biomechanics
- Australian S&C
- USA Baseball Levels A,B & C
- QLD U/18 Elite Junior Pitching Coach
- Working with Children Blue Card

## **the necessary bit**

- Full Payment - prior to 1st session
- Cancellation - inside 7 days or after the 1st session begins is Non Refundable
- Cancellation - outside 7 days - Full Refund
- Cash or bank deposit
- Bank account details;  
BSB 734-292 Acct 611577
- No credit cards please
- Please include the name of the athlete on the bank payment

## **Book it!**

email us with athlete name and date of birth, height and throwing hand (right or left) -  
**[info@thegrindaustralia.com.au](mailto:info@thegrindaustralia.com.au)** or **Phone; Scott Porter 0416 082 544**