



## ***Pitching and strength program with Lovdahl Pitching Academy and Acceleration North***

Erik Lovdahl and Acceleration North will be hosting Monday evening pitching clinics at the Acceleration North training facility in Arden hills. In-depth instruction on proper pitching mechanics will be taught to all levels. Acceleration's baseball staff will focus on injury prevention as well as shoulder and core strength. Ground based speed, agility, and power drills will also be completed.

### **Erik Lovdahl:**

- **Current MN Twins batting practice pitcher**
- **Director of MN Twins youth camps**
- **Director of MYAS/Gopher State Pitching Camps**

**Dates for camps:**     *Mondays: April 5<sup>th</sup> – May 10<sup>th</sup>*

**Times:**                 *7:30pm – 9pm (9 hours of training)*

**Ages:**                    *10 – 14 year olds*

**Price:**                    *6 instructional and training sessions = \$175*

**Breakdown:**            *40 minutes of Pitching Instruction with Eric Lovdahl  
40 minutes of strength, speed, and agility with Acceleration*

**Please call (651) 486-0020 to sign up for this cutting edge pitching program. Only 12 players will be allowed in this camp so please sign up fast!**

Acceleration North  
3808 Dunlap St North  
Arden Hills, MN 55112  
[www.accelerationmn.com](http://www.accelerationmn.com)