

ACE PITCHER HANDBOOK

THE TRAINING MANUAL FOR THE PITCHING MACHINE.

+ VELOCITY STARTER KIT



IT IS TIME TO GET STARTED!



www.TopVelocity.net

INTRODUCTION

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| | |
|--|----------|
| 1. Introduction to Velocity Starter Kit | 2 |
| 2. How to Get Started | 3 |
| 3. Velocity Supplements | 4 |
| 4. Velocity Equipment | 5 |

Adding 10 mph to your fastball is no easy task. It took me five years to reach my 10 mph goal and I just about killed myself doing it. In most cases this type of velocity enhancement is almost impossible but I will leave that up to you. What it comes down to is discipline, hard work and knowing what you are doing. I always felt you should work to achieve perfection but in reality, you know that you will never actually reach it.

There are a lot of people and websites out there claiming that they have the secrets to achieving 3 -10 mph of velocity. I wouldn't say that they don't have the secrets but if they are claiming that you can achieve this type of velocity by only adjusting your mechanics, or by only doing some type of exercise, then I will challenge them by saying velocity doesn't come overnight and it doesn't come in a mechanical adjustment, or by doing a few exercises. This is because if you want to gain 5-10 mph on your fastball, then I promise you it will only happen with a life changing event.

Ever story you read of a kid who couldn't throw the ball 80 mph and then a few years later they are topping out at 90 mph and above, this is because of a life changing event. A great example is the story of **Billy Wagner**. Here is an excerpt from JockBio.com about this point in his life.

* http://www.jockbio.com/Bios/Wagner/Wagner_bio.html

"Billy enrolled at nearby Division III Ferrum College in 1990, following Jeff, who had started there a year earlier. The school did not offer baseball scholarships, so Billy had to patch together student loans, financial aid and some spending money from his aunt and uncle.

By his freshman baseball season, Billy had sprouted to 5-9 and added 40 pounds, much of it in his legs. His top half was wiry, but he had the thick legs of a punter. A friend, Darren Hodges, had been a minor leaguer in the New York Yankee organization. He taught Billy how to drive off the mound. The result was a 10 mph jump in his fastball—and occasionally a heck of a time controlling it.

Ferrum usually played three-game sets against their opponents. Billy would function as the closer in the first two games, mowing down batters who had never seen a 95-mph fastball."

Another great story of a pitcher's life changing

event which lead to increased velocity is the story of **Jim Morris**. He was a lefty drafted by the Milwaukee Brewers throwing around 88 mph and fell into a series of injuries which ended his career quickly at age 24. At this point in his life he decided to play football as a punter in college because he had very strong legs. 12 years later he made a bet with the High School team he was coaching that if they won the district championship, he would tryout for a Major League team. They won and he made his tryout. At the tryout he topped out at 98 mph and played three years in Major League Baseball. To learn more about Jim "The Rookie" Morris, I would recommend you listen to my interview with him in the 3X Bonuses.

I grew up reading stories about these great athletes who had overcome the odds to not only play professional baseball but throw the ball with tremendous speeds. I idealized athletes like Nolan Ryan, Billy Wagner, Jose Canseco and even a weight lifter called Arnold Schwarzenegger. All these men had made a total life changing to become the great athletes that they are recognized as today.

In my own life changing experience I modeled it after these great athletes. I, like Jim Morris had a career ending injury. The only difference was I was a freshman in college. I had rotator cuff surgery and doctors told me I would never pitch again. I took this as my opportunity to start a life changing event in my life. I made this decision when I read a famous quote the day the doctors told me I would never play competitive baseball again. That quote was, "Where there is a Will, there is a Way." This quote changed my life because I knew that if this saying was true, then I was going to play again. If I can be that WILL, then God would show me the WAY. This is usually what it takes to have a life changing event, the hard part is never letting go of that new perspective of life. I continue to live this way today. This is because I learned quickly after this, that your success in life comes from your WILL to create it. God, the universe, your parents, no one except you has the power to change your life and this is exactly what it will take to make 5-10 mph gains in velocity.

So if you are ready and you have found the WILL to make your life changing event towards velocity, then finish the **Velocity Starter Kit** today and lets get started. It will give you all the guidance you will need to find your WAY towards reaching your velocity goals.

HOW TO GET STARTED

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This velocity starter kit is here to do exactly that, help you get started on your goal to more velocity. This goal must have a map and this starter kit and the **Ace Pitcher Handbook** is that map. It is impossible to know where you are going without a map and to reach your velocity goals you will need to know exactly how to get there.

The 3X Pitching Velocity Program first starts with the life changing event that I spoke about above. This life changing event must be a major decision to change yourself in a way that you will never be able to go back too. The person you are today will not be the person you are when you reach this velocity goal. This is a big perspective because what I am saying to you is that, who you are now isn't going to cut it. This person you are now doesn't throw hard enough and if you are going to become the person who does throw hard enough, then you are going to have to leave the person you are now. If I am confusing you then stop reading and take a deep breath. Turn off the TV or radio and focus. If you are going to make this life changing event happen you are going to have to leave who you are today behind. Now, I bet you are feeling a little weird about this. This is because you are comfortable with the person you are now and you do not want to change that. Well this is called failure. If you are afraid of change, you fail. Success is all about change. Never let your fears stop your change and you will always succeed. Now that you understand this, and you are ready to jump, then you need to take this slogan with you from here on out. **DO IT NOW!** If you sit around and contemplate this new perspective, it will never happen. Like the old Nike slogan, Just Do it. You can worry about what you did later. I am not talking about going out and drinking like a sailor who has been out at sea for a year, I am talking about becoming a man, becoming a soldier of baseball. Stop doing only what is necessary to get by and blow the F-ing door down. Be determined to reach your velocity goals and it will happen. Ever life changing event you will hear about or read about, is the life of someone who had balls. Who didn't just turn the knob on the door to success, they blew it off its hinges with a double barreled shotgun. Your double barreled shotgun is the velocity you will have soon after you make this change and start 3X Pitching. So, put down this manual or walk away from the computer and look in the mirror. Stare deep into your eyes, way down into your soul and breathe hard. Now slowly pull your soul out from the cobwebs of your past and into the new world of your future. Say to yourself in the mirror, "I want it..... I must have it..... I am bound by nothing..... I have the power of every man..... I have 95 mph inside of me!!!

Ok, you got my point. Make a change so we can get going with the important stuff. Your next step is to read the **3X Pitching eBook**, if you haven't already. You must learn this revolutionary approach to pitching velocity before you follow the program. Just like if you are going to be a race car driver, it might help to know something about the car you are driving, before you enter the race. After you have read the book and you have seen the light, lets start loading up on the supplies you will need for your training in the **Ace Pitcher Handbook**. Yes, there is training and lots of it. The next section here is on supplements and you will need to educate yourself on supplements and also stock your room or kitchen with them. After supplements comes the training equipment that you will also need to start the training programs. If you have a local gym that has all of the equipment then good for you. If not, the equipment section will educate you on everything you will need.

That is it for now! You should have everything you need to get started towards reaching your velocity goals. At anytime you need some help or have a questions please contact us at www.TopVelocity.net or on the forums at www.TopVelocity.net/forum.

"Pitching in the big leagues is a dream. Preparing to pitch in the big leagues is a nightmare" – Nolan Ryan.

VELOCITY SUPPLEMENTS

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Nutritional supplements take a degree in medicine to understand what the market has to offer. The market is so flooded with scams that it is almost impossible to find the good stuff. This section is here to guide you to the good stuff. I recommend that you not go overboard when it comes to supplementing your diet. It is also important to remember that this is what supplements are for, supplementing your diet. You must have a good diet before you add on your supplements, If you miss a few meals here and there then no big deal but do not think that your supplements will have an affect on you if you do not stick to a strict diet. Supplements are most important when in season because you are usually eating poorly on road trips.

To understand supplements you must first understand good nutrition. Especially nutrition for an athlete. You can basically start with the four major food groups.

1. **Grains & Breads**
2. **Fruits & Vegetables**
3. **Milk & Dairy**
4. **Meats**

If you based your day around eating foods from every group listed above then this would be a great diet for an athlete but there is more.

To meet the needs of your body after an intense fast twitch focused workout or a 7 innings pitched, you will need to supplement your diet with these key supplements.

1. **Protein and Amino Acids**
2. **Whole Foods Multi-Vitamin**
3. **Alkaline Supplement**
4. **Omega 3**
5. **Antioxidants**

These types of supplements are critical to help support the healing and rebuilding of the body. Before taking these type of supplements it is important to understand what they are and what they do for your body.

Protein and Amino Acids

Amino Acids are predigested proteins and these are the building blocks of the body. Amino Acids are DNA strands that make up every tissue in the body, from the leg muscle to your finger nails. They also support hormone production. This is why supplementing your diet with protein is critical for recovery but there is an important balance. DO NOT exceed 1.5 gram of protein per body weight to prevent

overstressing your kidneys. The waste product of protein is nitrogen and this is toxic to your body. To prevent overstressing your kidneys you should also cycle your protein intake, 2 or 3 weeks on and then 1 week off. Give your body time to cleanse itself.

Whole Foods Multi-Vitamin

Vitamins and Minerals are vital in supporting the elite athlete because they support such a wide range of critical functions in the mind and body. Deficiencies in Vitamins can cause serious health problems and effect an athletes ability to perform at their optimal levels. I recommend taking a natural Whole Food Mult-Vitamin because synthetic vitamins only mirror the components of natural vitamins so there is a lot of important elements left out.

Alkaline Supplement

The Alkaline diet should be ever athletes focus for nutrition. As an athlete you must always be aware of your bodies acidity. If you are more acidic then your body has less white blood cells to support healing. This means it will take you longer to recover. Ever athletes success is based on their recovery rate. If it is recovering from a workout or a game, an athletes body is always rebuilding. I recommend visiting www.TopVelocity.net/pitcher-diet-alkaline-acidic-food-charts/ and start eating foods on the alkaline side of the chart.

Omega 3

Omega 3 is a fatty acid that promotes anti-inflammation of soft tissue. It also supports optimal brain function. Athletes have a high demand for anti-inflammatory supplements because of the damage they put on their bodies. This is why over the counter products like Advil and Aleve are so widely used in the sports world. The problem with Advil and Aleve is that they, over time, will damage soft tissue in the body. This is why I recommend taking an Omega 3 supplement daily because it is an essential nutrient that will help reduce inflammation without causing more damage.

Antioxidants

Antioxidants are also critical for recovery because they destroy free radicals in your system that wreak havoc on your body after you workout or performance. To fight this damage you must take antioxidants to help your body cleanse itself so it can rebuild.

To Purchase these items visit:
www.TopVelocity.net/enhance/

VELOCITY EQUIPMENT

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When working to build a career or conquering your goals it takes tools to support this. Equipment is what makes us human and the better equipment we have is what makes us successful. If you are going to max out your bodies velocity potential then these are the tools and equipment you will need to do it.

All the equipment listed here is used in the **Ace Pitcher Handbook**. You can purchase this equipment here at the **Velocity Equipment Store** on www.TopVelocity.net. Listed below are each category with a description from the velocity store.

Medicine Balls

These are weighted balls, the size of a mini basketball, used with the 3X Velocity System in the Ace Pitcher Handbook. The use of med balls, with the 3X Velocity System in the Ace Pitcher Handbook, are critical for learning total body mechanics.

Speed Training Equipment

If you are going to develop more velocity you must train your body to move faster. Speed training equipment includes resistance equipment, hurdles, and ladders for ladder drills. These drills are apart of the Fusion System found in the Ace Pitcher Handbook.

Rotator Cuff Support

This equipment is important because it helps protect your most valuable commodity, which is your rotator cuff. This takes a lot of wear and tear over the years of pitching and to prevent that wear and tear from becoming a serious injury you need to use equipment like resistance bands and light weight dumbbells for rotator cuff exercises. The Ace Pitcher Handbook has a great rotator cuff program.

Pitching Supplies

You cannot call yourself a pitcher without a few important pieces of equipment. First you need a ball and then you will need a glove. You will also need a good target so you don't wear your Dad or friends out. If you go with a target I also recommend you get a bucket of balls so you can spend more time throwing than retrieving. You will need these products to perform the throws in the Ace Pitcher Handbook.

Turfs and Cleats

This category on the velocity store has Turf shoes which is good to use if you are throwing off of an artificial

mound. Sneakers tend to tear up quicker on the artificial turf surface than the Turf shoes or baseball trainer. It also has cleats, both metal and plastic for nature fields.

Extras

This is the last category of equipment that has the yoga balls and the harness for the **Beginner's Guide to 3X Pitching**. The yoga balls are used in the Fusion system in the Ace Pitcher Handbook as well.

Not all of the items found in the Velocity Equipment Store are necessary but they all support velocity enhancement. I recommend purchasing these necessities first if you have a low budget.

1. **2 pound Medicine ball**
2. **Bucket of balls**
3. **Target**
4. **Resistance Bands for rotator cuff support.**
5. **3 pound dumbbell for rotator cuff support.**
6. **Ladder for speed training.**

Outside of the necessities listed above, I recommend finding a gym that has most of the training equipment listed here and purchase a membership.

If you have any questions please contact us at www.Topvelocity.net/contact.