



**COMPLETE
SPORTS
PERFORMANCE**

INSTRUCTOR

JACK VANDORAN

PLAYING EXPERIENCE

- 5 years of D1 Baseball experience
- 2x NEC Champion
- LIU all time single season save record
- Appearances against ACC, BIG10 and PAC12 schools
- 62Ks, 36BB, 129.1 Innings pitched

PITCHING LESSONS

WILL INCLUDE BUT ARE NOT LIMITED TO:

- Implementing pre and post game stretch routines to protect from injury
- Band and Plyo-ball work
- Cleaning up mechanical flaws
- Fastball/Curveball/Slider/Changeup grips and command
- Pitch sequencing
- Increasing velocity
- PFPs (Pitcher Fielding Practice!)



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