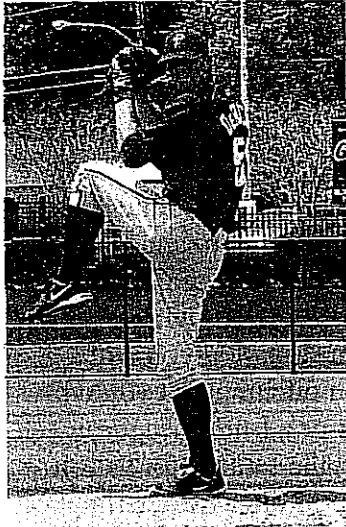


PITCHING
From The Ground and Up



Justin De Fratus

(2007 11th Round Draft Pick-
Philadelphia Phillies)

3 Years of Professional Baseball
Experience

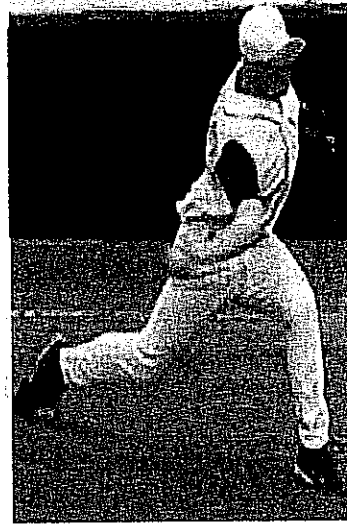
2009 South Atlantic League
All-Star

One of the Phillies Top Rated
Pitching Prospects

LESSON RATES:

\$60 per hour
\$30 per half hour

Contact Information:
Justin: (805) 340-5443
Steven: (805) 205-6088



Steven De Fratus

2 Years of Independent Professional
Baseball Experience

4 Years of Collegiate Baseball
(Junior College, NAIA, & Division
1)

2008 Red River Conference Pitcher
of the Year

2008 1st Team All Red River
Conference

2005 Ventura College Most Valuable
Player

Kinesiology- Exercise Science
Experience

Pitching

From the Ground and Up

The De Fratus brothers will coach/teach serious players of all ages and levels. Using their knowledge and experiences gained through a COMBINED 5 years of Professional Baseball, 6 years of Collegiate Baseball (from Junior College to Division 1), and 8 years of High School Baseball, the De Fratus brothers will mold you or your young ones into serious competitors on the mound.

Pitching; *From the Ground and Up* instruction will include a proper dynamic stretch and warm up, long or medium toss routine, pitching mechanics instruction, and much more. When all of this instruction is put together the pitching student will see an obvious improvement in arm strength, consistency in mechanics (which equals throwing more strikes), and becoming much more athletic on the mound. The information you will receive from the De Fratus brothers isn't the same OLD ideas on pitching that you will receive from your "Average Joe" ex-high school baseball player or a Little League coach. The instruction is up to date. You or your kid(s) will be learning the same information and instruction on Pitching that has been given to Big League and Minor League Pitchers from the **2008 Major League Baseball World Champion Philadelphia Phillies!!!**