

VELOCITY PLUS

FREQUENTLY ASKED QUESTIONS

WHAT IS THE BACKSTORY OF VELO PLUS?

The Velocity Plus Arm Care Program is unrivaled. It is the most comprehensive, well-researched and scientifically proven program of its kind. The Program was developed by Dr. Tom House, together with the supporting supervision of Dr. Thomas Vangsness of the University of Southern California's School of Medicine, in an effort to better understand, and consequently reduce, shoulder injuries in baseball players. Through unprecedented data collection and research methodologies Dr. House gave birth to this revolutionary Program.

WHAT IS IN THE NAME "VELOCITY PLUS"?

The "Velo+" and "Velocity Plus" names are shorthand branding for the product. They only tell half the story of what the program can provide. The plus sign is not just for adding velocity; it is an "and" that links velocity gains to the health of a thrower.

WHAT AGES CAN PARTICIPATE?

The program is not just for high school, college and professional players. We have tested kids as young as four and adults as old as 34. Adolescents take to it best, as they are hitting their stride with the program. It is an added level of support to their mechanical changes of a growing body. Younger children have the heavier weight balls taken out for safety reasons. Typically, 10-12 year olds are the youngest to make maximum-effort throws with all the balls.

IS THIS JUST FOR PITCHERS?

No, all positions on the field can benefit from these increases in velocity and everyone can use more arm care.

IS THIS JUST FOR BASEBALL PLAYERS?

No. In fact, some of the largest gains in overhand velocity the program has ever seen have been by teenage girls. They use the same weighted baseball set -- so the diameter of the ball is a little foreign -- but the results are equal or better. Girls hit their physiological maturity sooner and subsequently come better prepared to endure the program's frequency of throwing. It does have positive "side effects" for softball pitchers, but does not increase underhand velocity nearly as well.

HOW LONG IS THE PROGRAM?

The program is year long. It is a twelve-week offseason arm care and strengthening program, followed by an in-season program to maintain strength and velocity. There is a beginning (initial test), middle ("check-up"), and end (final test). These are the only three times where participants are required to come to All-Star Performance to meet with an evaluator.

WHAT ARE THE WEIGHTS OF THE BALLS?

The program uses a set of weighted balls, ranging in size from 2 oz. to 2 lbs. A regulation baseball is 5 oz. and is the middle of the spectrum in the six-ball set. The program increases and decreases from that regulation baseball to strengthen the shoulder and add arm speed.

HOW OFTEN DOES MY SON/DAUGHTER DO THE EXERCISES?

Each program is specifically customized to the player, so

that his very own teammates could have drastically different looking workout script sheets. The protocol takes into consideration that not all people -- at similar ages -- are built the same way. In that, there is no hard-and-fast rule, but the average is 30-45 minutes three nights a week. It is never more than five nights a week. There are mandatory off-days for recovery. These are days with absolutely no throwing. They are almost as important as the strengthening exercises; not giving the muscles time to rest can negate gains.

CAN PARTICIPANTS STILL PLAY OTHER SPORTS, LIFT WEIGHTS, ETC.?

This program does not interfere with football or soccer, or any weightlifting routines. "Pumping iron" works major muscle groups; this attacks micro-muscular areas and joints that are only used in overhand throwing. Traditional lifting is for push and pull strength, while Velocity Plus works more with rotation. One will not cause soreness in doing the other, so your son or daughter can continue with any concurrent workout programs.

WHAT GOES ON DURING THE TESTING PROCESS?

The first test is an initial evaluation, done in more of an instructional setting. Our staff uses this larger group format to teach the exercises and do baseline grading of the measurable (height, weight, 5 oz. regulation baseball velocity, etc.). From there, the next test will be scheduled for the mid-point of the program's entirety -- roughly six weeks in. Whereas the first test will not have a participant throwing the weighted balls on the two extremes (2 lb., 1 lb., and 2 oz.), the second and final test will. This is done as a gradual transition to comfort throwing the really heavy and

the really light.

WHAT DO I NEED TO MAKE THIS AN IN-HOME PROGRAM?

The program is self-directed. After the initial walk-through on the exercises, accountability is all on the participant to do the assigned task on a given night. You will need a net or sturdy brick/block wall for your child to throw the ball against. This is the basis on most drills.

WHAT TEAMS AND PLAYERS HAVE HAD SUCCESS WITH VELOCITY PLUS?

Steve Delabar is an ambassador of the product. He turned his pro career around because on using the first-generation Velo+ set. Now, over 70 MLB players have individually registered, and entire NCAA Division-I baseball and softball programs have followed suit. This includes the reigning National Champions from the University of Virginia.

WHAT RESULTS CAN I EXPECT TO SEE?

*The academy average increase (over two full years and 200+ participants) is 5 MPH, with individual gains upwards of 10 MPH. No one has gained less than 3mph and, more importantly, no one has experienced an injury in direct result of this program. **Velocity Plus is the only Institutional Review Board (IRB) certified throwing program in the United States and prides itself on creating healthier athletes more than it does on radar gun read-outs.** This program is for players who want to prevent major arm surgery, not get gimmicky number increases that do not last. Our data suggests returning players maintain the velocity where they left off months before.*

HOW MUCH DOES IT COST TO GET ENROLLED?

\$455; a discount offered through All-Star Performance.

WHERE DO I SIGN UP?

Registration is done over the phone with one of our representatives and head Velocity Plus instructor, Ross Clites. Payment is done in a one-time credit card transaction. His cell number is 517.403.2097. If you have any further questions, you can call All-Star Performance directly at 314.394.1495.