



Minnesota Blizzard Baseball Throwing Heat Thanks to The Texas Baseball Ranch

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The Minnesota Blizzard Baseball organization recently hosted a 3-day pitching camp at their Academy in Vadnais Heights ? a St. Paul suburb, featuring renowned pitching coach Ron Wolforth and his Texas Baseball Ranch® staff. The Blizzard camp featured 40 players, ranging in age from 11 to 18, with some traveling from as far as Owatonna, MN and Sioux Falls, SD to participate. Several high school and youth coaches from around the area were also in attendance.

Over the 3 days, each pitcher received a video analysis of his delivery, a movement screen to determine any imbalances or asymmetries as well as an arm care protocol and a hyper-personalized throwing program, all to improve the players? velocity, command and recovery. The players also had presentations on mindset and received access to the Coach Wolforth?s Durathro? online training and coaching program.

?Coach Wolforth and his staff exceeded all expectations,? Blizzard Owner Adam Barta said. ?They provided a wealth of detailed knowledge in a very common sense style of teaching. Every player (and parent) there left that 3-Day Boot Camp invigorated and excited to get better.?

"Besides being one of the foremost pitching gurus of our time," Barta said. "Coach Wolforth is one of the best motivators I have met. I do my best to surround myself with high character people and Coach Wolforth is one of them. His approach to business, life and pitching is very similar to ours here at Blizzard Baseball and I'm very thankful that one of his stops has been in Minnesota."

The Minnesota Blizzard is the most successful traveling and club baseball program in Minnesota and among the top select teams in the Midwest winning 53 national tournaments and placing in the top four 139 times since 2003. The Blizzard draws players ages 10u-18u from all around Minnesota including Albert Lea to Duluth and also has had several players from the Dakotas, Iowa, Wisconsin and even Canada.

"Adam has a tremendous organization and they want to truly help young people advance to the next level of play," said Wolforth. "Their professionalism was evident in the organization of this event and they provided a great opportunity for these players and families to get a small taste of what The Ranch has to offer for their pitching development. We certainly look forward to coming back."

Coach Wolforth and the Texas Baseball Ranch® training methods have been featured in Sports Illustrated, ESPN the Magazine and Men's Journal as well as on CBS's 60-Minute Sports. Coach Wolforth has worked with numerous professional pitchers including Scott Kazmir, Tyson Ross, Justin Verlander, Bud Norris, Chin Ming-Wang, CJ Wilson, Trevor Bauer and Barry Zito.

To learn more about Coach Wolforth and the Texas Baseball Ranch® Programs, go to www.TexasBaseballRanch.com and for information on the Minnesota Blizzard, mnba.blizzardlitebaseball.com/.

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For more information about Texas Baseball Ranch, contact the company here: Texas Baseball Ranch Jill Wolforth (936) 588-6762 Jill@TexasBaseballRanch.com 5451 Honea-Egypt Road Montgomery, TX 77316

Texas Baseball Ranch

The Texas Baseball Ranch is a place where pitchers can "Dream as Big as Your Work Ethic Will Allow". Coach Ron Wolforth and his staff are world renowned for their ability to develop baseball pitchers' velocity while improving arm health and recovery.

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