



## Precision Pitching Announces Continued National Expansion of Remote Training for Pitchers

*April 13, 2026*

RED WING, MN - April 13, 2026 - PRESSADVANTAGE -

Precision Pitching has expanded its reach beyond its home base in Red Wing, Minnesota, by delivering science-based pitching instruction to athletes across the United States and internationally through its remote training model. The company, known for its individualized approach to pitcher development, recently highlighted the progress of one out-of-state athlete who achieved notable gains in velocity and consistency while participating primarily through remote sessions. This case underscores the effectiveness of the structured remote program in supporting athletes regardless of location.

The athlete, a hybrid client, began working with Precision Pitching in June 2025 at 72.7 miles per hour during his initial session. By October 2025, during an in-person check-in, his velocity had increased to 78.6 miles per hour. He continued training remotely and reached 80 miles per hour by December 2025. The program incorporated customized strength training, a tailored throwing regimen, and weekly meetings to review progress and adjust the plan. This hybrid format allowed the athlete to maintain consistent development while balancing other commitments.

A central focus of the training involved refining biomechanics, timing, and head position to enhance the

athlete's ability to repeat his delivery. These adjustments contributed to improved mechanical sequencing and greater pitch-to-pitch consistency during bullpen sessions. The remote elements included regular video analysis and data-driven feedback, enabling the coach to monitor and guide the athlete's form without requiring constant in-person presence. In addition, the integration of mental performance training, such as FocusBand work, helped the athlete build skills to manage stress and maintain focus during competition.

Jamie, the parent of the client, said, "Coach C has been a great resource for Alex. His program is focused on the individual athlete and is adapted to their individual goals. Alex has become more consistent with his delivery and confident on the mound in a short time working with Ryan. I'm excited to watch how he continues to develop under Coach's guidance."

Ryan Christenson, lead coach at Precision Pitching with more than 20 years of experience, said, "Our goal is to provide every athlete with a clear, structured path to development, no matter where they are located. When you combine biomechanics, functional strength, and mental performance training with consistent feedback, you create real, lasting results."

The remote training platform allows athletes to receive personalized plans that address mechanics, velocity, arm health, and overall performance. Clients submit videos for review, participate in scheduled check-ins, and follow individualized throwing and strength programs designed to protect the arm while promoting efficient movement patterns. This model has enabled Precision Pitching to support pitchers who cannot attend regular sessions at the Red Wing facility, extending the company's science-backed methodology to a broader audience.

Precision Pitching emphasizes a comprehensive approach that goes beyond velocity gains. Training incorporates data tools for tracking progress, exercises for shoulder stabilization and deceleration, and strategies to improve accuracy and command. The program also addresses mental resilience, helping athletes develop confidence and a process-driven mindset on the mound. For the featured athlete, these elements combined to produce not only an increase in velocity to 8 miles per hour but also improved repeatability and mound presence.

As demand for high-level pitching instruction grows, Precision Pitching continues to refine its remote offerings to meet the needs of athletes at various skill levels. The hybrid model, which blends periodic in-person evaluations with ongoing remote support, has proven adaptable for clients who check in every one to three months while handling the majority of their training independently. This flexibility maintains the quality of instruction associated with the company's in-person programs at its Minnesota facility.

The company's methodology draws on established principles of biomechanics and functional training. Coaches evaluate each athlete's unique movement patterns and design plans that promote efficient

sequencing and reduced injury risk. Weekly feedback loops ensure adjustments occur in real time, whether the athlete trains locally or from another state or country. This attention to detail has supported the development of more than 1,000 athletes overall, including over 75 who advanced to collegiate or professional levels.

Precision Pitching maintains its commitment to arm health as a foundational element of all training. Programs include targeted exercises to strengthen supporting muscles and protocols that monitor workload to prevent overuse. The remote format incorporates the same standards, with coaches providing guidance on recovery, nutrition, and workload management alongside technical pitching work. These practices contribute to sustainable progress rather than short-term spikes in performance.

The expansion of remote training reflects broader trends in sports performance, where technology and individualized coaching enable access to specialized instruction without geographic limitations. Precision Pitching has positioned its model to deliver consistent results by maintaining direct communication and data-informed adjustments. The progress of the out-of-state athlete serves as a practical example of how structured remote programming can yield measurable improvements in velocity, consistency, and confidence.

Precision Pitching operates as a sports performance training company specializing in pitcher development. Led by Ryan Christenson, the company provides science-based coaching that sharpens mechanics, boosts velocity, and prioritizes arm health in a supportive environment. Services include personalized plans for athletes of all ages and skill levels, with options for both in-person training at the Red Wing facility and remote programming. The approach integrates biomechanics analysis, strength training, mental performance elements, and ongoing feedback to support long-term athlete growth.

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## Precision Pitching

*Under the guidance of Ryan Christenson, our program sharpens mechanics, boosts velocity, and prioritizes arm health—all within a supportive, performance-driven environment.*

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