



Precision Pitching Announces Expanded Summer Training Schedule for Pitchers and Multi-Sport Athletes

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Precision Pitching has expanded its summer training availability to support athletes seeking to maintain consistent development amid busy seasonal schedules. The organization is adding multiple group pitching sessions throughout the week and increasing options for individualized training as demand grows heading into the warmer months.

The updated schedule includes group baseball pitching sessions on Tuesday, Wednesday, and Thursday mornings. Additional weekend and weekday slots will be incorporated based on athletes' and families' interests and listed on their website. This expansion allows Precision Pitching to accommodate more participants while preserving the individualized attention that defines its programs. Current members receive priority in scheduling, with flexibility built in to adjust around varying summer commitments.

Precision Pitching continues to offer private pitching sessions for hitting, throwing, fielding, and quarterback-specific work. These options support the complete athletic development of participants by

addressing arm health, mechanics, and sport-specific skills. The availability of private sessions is determined by coach schedules to ensure quality instruction remains consistent.

The company's science-based throwing protocols form the foundation of its programming and extend beyond pitchers to benefit a wider range of athletes. Participants include baseball and softball players, quarterbacks, volleyball athletes, and others focused on improving arm strength, velocity, and overall performance. This multi-sport approach reflects Precision Pitching's emphasis on functional movement patterns and injury prevention principles that apply across overhead sports.

Ryan Christenson, lead coach at Precision Pitching, said, "We see many families balancing travel, camps, and other activities during the summer months. Our expanded schedule and flexible options help athletes stay on track with their development plans without interruption."

The training environment at Precision Pitching integrates biomechanics analysis, functional strength work, and mental performance strategies. Athletes receive structured feedback on delivery mechanics, sequencing, and command, with programs tailored to individual goals and current ability levels. This methodology has supported measurable progress for participants at various stages, from youth athletes building foundational skills to those preparing for higher levels of competition.

As summer training ramps up, Precision Pitching continues to refine its hybrid model that combines in-person sessions at its Red Wing facility with remote support for athletes unable to attend regularly. This approach has enabled the organization to serve clients from across regions while maintaining the same standards of data-driven coaching and personalized programming. The summer schedule builds on this foundation by providing more consistent local access for families in the Minnesota and Wisconsin area.

Precision Pitching prioritizes arm health in all programming through workload monitoring, targeted strengthening exercises, and recovery protocols. Coaches work with each athlete to develop efficient movement patterns that promote both performance gains and long-term sustainability. The organization's experienced staff brings extensive playing and coaching backgrounds to every session, ensuring instruction remains grounded in practical application and scientific principles.

The expansion of summer opportunities aligns with seasonal patterns in youth and amateur sports, where consistent training during off-months helps athletes retain skills and prepare for upcoming seasons. Precision Pitching has responded to this need by increasing session frequency and broadening its offerings to support multi-sport athletes who rely on throwing mechanics across different activities.

Precision Pitching operates as a sports performance training company specializing in pitcher development and overhead athlete training. Based in Red Wing, Minnesota, the organization delivers science-based coaching that emphasizes mechanics, velocity improvement, arm health, and mental conditioning. Services include group and private sessions for athletes of all ages, with both in-person and remote training formats available to meet diverse needs and schedules.

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For more information about Precision Pitching, contact the company here: Precision Pitching Ryan Christenson 651-301-5381 coachc@precisionpitching.net 1926 Old W Main St, Red Wing, MN 55066

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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