



GMBC Throwing Program

Want to learn how to throw better?

GMBC and our import Pitcher, Dennis Neal, would like to offer you a chance to improve your throwing ability.

Sessions will be held every Tuesday night, resuming on 17/7, from 5pm – 6pm at Malcolm Blair Reserve, Karingal Drive, Briar Hill.

Things we will work on are:

- Correct Throwing Mechanics
- Increasing arm strength
- Warm up and cool down methods
- Strength and conditioning programs

With an emphasis on creating a fun, learning environment, Dennis is passionate about baseball and improving everyone.

It is expected that all attendees will be punctual and dressed ready for baseball training.

About Dennis

Dennis Neal is a left-handed starting pitcher who has been playing independent professional baseball since 2014, the majority which has been in the Pacific Association. In 2016 he had a successful stint in the CanAm League, holding down a 3.94 era for the Trois Rivières Aigles over 57 innings of work. In both 2014 and 2015 Dennis had the best ERA in the Pacific Association at 2.76 and 2.46 respectively over a combined 22 starts and 151.2 innings of work.

Dennis played his senior year of college ball at Texas College (NAIA) where he was the conference leader in strikeouts (93) earning him First Team All-Conference recognition.

These sessions are open to all Diamond Valley Junior Players and are free of charge.

Please register your interest via SMS to: Andrew Kent 0418 328 158