

# TOTAL BASEBALL



## LONG TOSS CLASS

**AGES:** 14-18yrs

**DATES:** November 4-December 16  
(No class November 25<sup>th</sup>)

**CLASSES:** Mondays, 5:00-6:00pm  
& Fridays, 5:00-6:00pm

**DESCRIPTION:**

This class is a detailed throwing program to improve throwing mechanics, arm strength, and stamina through numerous drills and proper arm care.

**COST:** \$180 / 12 classes

**LOCATION:** Total Sports Complex  
30990 S. Wixom Rd., Wixom MI  
48393

**INSTRUCTOR:** Former Indiana State University and Schoolcraft College Standout Will Buraconak will be instructing players. Will is currently a pitcher in the professional ranks for the Northern Colorado Owlz in the Pioneer League.

**TO REGISTER OR MORE INFORMATION:**

Call/Email: Joey PeJuan, Total Baseball Supervisor (248) 668-0166 ·

[joey@totalsportscomplex.com](mailto:joey@totalsportscomplex.com)

Web:

<https://totalsportscomplex.com/location/wixom/baseball/>