

# Private Pitching Lessons With **Cody McAllister**

Cody graduated from Snohomish High School in 2002 with Allstate honors and as a 3 year letter winner. He played college ball at Edmonds Community College and was the winning pitcher in the NWACC Title game in 2003. Cody lead his team in wins and was 2nd all-time in strike outs.

From 2007- 2009 he played in the Boston Red Sox Organization. He was coached under Hall of flame players and Major League Veterans such as Carl Yastrzemski, Bob Tewksbury, Bob Kipper, Dwight Evans and Berardino. Cody lead his team in E.R.A in class Low A Greenville in 2007 with a 1.84 and again in 2008 for class High A Lancaster with a 3.31. He has suited up for more than 10 major league games in 2009 spring training. He played the remainder of the year with the Kansas City T-Bones where he ended the season leading the team in E.R.A and wins.



## 8 Week Session 1x per week

### Lessons Include

- **Before and After Video Analysis**
- **Four Fundamental drills to improve your mechanics**
- **Knowledge and training to control the run game, properly field the pitchers position as well as the mental tools to prepare you for your increased level of play.**

## Prices

**\$480 8-Week Session**

**Special Discounts for  
TF Select Baseball  
Academy Players**

**Group Lessons & Pitching Clinics  
Available**

**To Schedule your lesson  
today please call Cody at  
425-231-0562 or by email  
codym@teamfitness.info**



**425-397-TEAM (8326)**

**www.TeamFitness.INFO**