

PITCHING LESSONS

DESHORN LAKE



Experience

- ❖ USPBL Birmingham Bloomfield Beavers - 2018
- ❖ New York Yankees 2014-2017
- ❖ University of Mount Olive – 2013-2014
- ❖ East Carolina University – 2011-2013
- ❖ 12th Round Draft Pick - 2011
- ❖ AFLAC All American - 2010
- ❖ 16U Team USA – Gold Medal 2009

Do You Want to Train Like a Pro?

- ❖ Velocity Gains
- ❖ Bio Mechanical Breakdown
- ❖ Injury Prevention

Contact Information

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