



“I am excited to announce the partnership between Speed Boosters and the Gateway Grizzlies. Speed Boosters performs state of the art training methods and testing specifically designed to our player’s needs. **Core strengthening** for our hitters and pitchers, **agility and explosion training** for our pitchers and position players that improves defense and base-running, and an **inherent injury prevention format** is what helps our players separate themselves from “the rest of the pack”. In-season training is often an overlooked aspect of baseball. Not only will it keep our players in good shape and improve their game, it will aid in injury prevention. Our season is a daily grind for 96 regular season games. Having Speed Boosters on board will ensure that our players will have the strength of mind and body to finish the season strong. They are a vital component in our quest for the Frontier League Championship”. If you are an athlete looking to take your game to the next level and searching for that “competitive edge”, Speed Boosters is a must for you!

Phil Warren
Gateway Grizzlies Manager

A handwritten signature in black ink that reads "Phil Warren". The signature is stylized with a large, sweeping initial 'P' and a cursive 'W'.