

# Tim Ingram

**Tim was a Clarke High School Graduate before starting his collegiate career at Nassau CC. He then finished his college career at SUNY Old Westbury. During his tenure there Tim was a 2X Skyline Conference Pitcher of the Year, All-American Honorable Mention, and the Hamptons Collegiate Baseball League pitcher of the year in the Summer of 2014. He was drafted by the Tampa Bay Rays in the 31st round in 2015, and spent two seasons pitching for Hudson Valley Renegades (New York-Penn League, Low A short season) the Bowling Green Hot Rods (Low A full season), and the Charlotte Stone Crabs (High A full season).**

**Tim has tailored and created a pitching program that incorporates drill work, velocity enhancement, mental approach, arm-care, and overall pitchability. As well as being MaX Effort's pitching coordinator, Tim is also in the process of becoming a Nassau Count Police Officer.**