

**NATIONAL PITCHING ASSOCIATION  
EAST AREA DIRECTOR GARDY O'FLYNN  
WELLESLEY MIDDLE SCHOOL - FACULTY DINING ROOM**

**FEBRUARY 13TH 8 PM - 9 PM**

**Training young rotational athletes and developing advanced athletes and  
pitchers**



Visit [NPAAEAST.com](http://NPAAEAST.com)

- On February 13th at WMS, I will give a presentation and demonstrate examples of the extensive drill work that will be covered in its entirety at a clinic with TOM HOUSE in Foxborough.

**Tom House NPA Clinic at Gillette March 9th-11th.**

- During the Tom House Clinic: All athletes will learn skills that will enhance their overall arm health, efficiency, and velocity. The [NPA East Team](#) will screen, test, assess and train each athlete for point in time velocity, for functional strength and weaknesses that are impacting velocity. Training will include both for mechanical efficiency and to provide training protocols to correct weak points. Over 9 HOURS of Instruction at this camp.
- Parents are encouraged to shadow their athlete and learn as they do at no additional charge
- Coaches are very welcome, just register for "Coaches Audit".

**Location**

Gillette Stadium/Empower Field House  
1 Patriot Place, Foxborough, MA 02035

**Cost**

\$349 per player [SIGN UP/INFO](#)  
\$199 for Coach (non-parent) [SIGN UP](#)



**Information/Registration**

[TOM HOUSE CLINIC with NPA East](#)

[Book your group rate for National Pitching Association](#) Rooms are at Renaissance Patriot Place

**Questions?** Contact Gardy O'Flynn [npaeastGO@gmail.com](mailto:npaeastGO@gmail.com) 978-500-0148