

We're the National Pitching Association.

**WE MAKE GOOD PITCHERS GREAT.**

**NPA PITCHING CLINIC ROCHESTER, NY OCTOBER 17<sup>th</sup> & 18<sup>th</sup>, 2015**

The NPA East staff is composed of highly trained and experienced coaches, instructors and medical personnel 2nd to none in the East. Our understanding of bio-mechanics and what it takes to make rotational athletes (specifically pitchers & catchers) throw more efficiently, more accurately, with more velocity AND stay healthy is all based in scientific fact and defended by the medical community.

Pitchers & catchers today of all ages suffer injuries for 3 specific reasons. #1 they possess inefficient mechanics, #2 they lack the functional strength required for their workload or #3 they simply throw too many pitches off a mound or from behind the plate. This players clinic will give the athletes the instruction and tools to develop #1 & #2 and we will discuss #3 in depth in addition to supplying them and their parents with the latest scientific facts on all 3. We stress "pre- habilitation" not rehabilitation. At this camp, you'll get:

- Workouts and routines that are tailored to your specific needs and goals
- Training on bio-mechanics, conditioning, nutrition, mental & emotional preparation, strategies & tactics
- Fitness routines to help you recover, repair and prepare for your next game.
- A personal high - speed motion analysis evaluation by an NPA staff member

The athlete will leave this camp with the #1 scientific template for performance from the preminent bio- mechanics lab in the world. This clinic is designed to prepare the athlete for the next level, whatever that may be.

More info contact Gardy O'Flynn at 978-500-0148 or [npaeastclinic@gmail.com](mailto:npaeastclinic@gmail.com)  
or Dusty Odenbach at 585-943-9159 [dusty@pitchingfixny.com](mailto:dusty@pitchingfixny.com)



## **TURF TIME ROCHESTER**

### **Where:**

**3750 Monroe Ave  
Suite 100  
Pittsford, NY 14534**

### **When:**

**9:00am – 11:30 am  
Ages 9-13**

**Noon – 2:30 pm  
Ages 14 & older**

**October 17<sup>th</sup> and  
18<sup>th</sup>**

### **Who:**

**Pitchers & Catchers**

**Cost: \$150** for both days (includes video)

Or **\$80** for 1 day

**Register online @**

**[NPAAeast.com](http://NPAAeast.com)**

Or send check to Pitching Fix  
9 Heard Drive, Ipswich, MA 01938

## **NPA Certified Camp Coaches:**

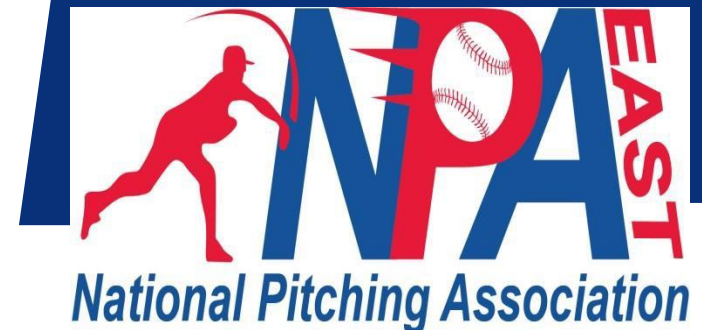
### **Gardy O'Flynn,**

NPA East Regional Director, Former Pitcher Texas Rangers Organization 20+ years relationship with **Tom House**, founder of the NPA. Pitching Fix Founder.

### **Dusty Odenbach,**

NPA Master Coach, Former pitcher in KC Royals Organization, 8<sup>th</sup> round draft pick 2009 out of UCONN, played at McQuaid Jesuit. Pitching Fix NY founder.

*Jason Wasserman & Steve Falter-  
Brighton Coaches and NPA Level 1  
Certified Coaches*



Throw Harder, Faster, Healthier



**National Pitching Association**  
Making a Difference

