



WE MAKE
GOOD PITCHERS
GREAT

Tom House & National Pitching
Coach & Athlete Clinics

Check out the NPA Clinic Highlights

November 21-22 @ Drillbit Baseball
Pinehurst, TX

*This clinic is beneficial to QB's, coaches of all
throwing sports AD's, PT's, AT's, S & C Coaches*

Lectures on:

- *Biomechanics*
- *Functional Strength*
- *Mental Performance*
- *Nutrition*
- *Recovery*

Training in:

- *Arm Care and Recovery*
- *Health First Velocity Programs*
- *STAT Testing (velocity capacity)*
- *Biomechanics Patterning*
- *Mound Time, Video Analysis, Strength & Conditioning*

CLICK HERE TO REGISTER

**Don't miss the opportunity to train with
NPA Staff!**

S screening for weak links

T testing for point in time capacity

A assessing for efficiency of movement, strength & flexibility

T training for efficient movement, muscle balance and velocity

*How fast could I throw? **We test you and show you your potential.***
*Not sure if your mechanics are correct? **We fix poor mechanics.***
*What drills do I use to get better? **We will show and teach you***

*Arm get sore or have pain? **We show you how to prevent this.***
*What is the best way to warm up? **We teach you a proper warm up.***
*Want to throw harder? **We show you how (safely).***



National Pitching Texas



Questions?

Call/Text Andy (713) 302-7565