



NATIONAL PITCHING

Tom House Sports /NPA East
Pitcher/Position/QB/Coaches

Led by *Gardy O'Flynn MS,MA* East Director

ABCA: American Baseball Coaches Association

2018 TEACHING PRO of the YEAR

Winter Velocity Capacity S.T.A.T. Combines

[Rochester, NY December 2nd-3rd](#)

[Ipswich, MA December 9th-10th](#)

[Bainbridge, NY December 28th-29th](#)

[Mt. Laurel, NJ January 6th-7th](#)

Brief Lectures on:
Biomechanics
Functional Strength
Nutrition Recovery
Mental Performance.

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

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

These clinics are designed to Screen, Test, Assess, and Train. Athletes will go through our proprietary Point in Time Velocity Capacity testing process. [SCHEDULE](#)



NATIONAL PITCHING

NPA East/National QB offerings:
[Pitching/QB Lab](#) [Individual/Group](#)



"We have worked big camps together all over the East Coast. He has learned to collaborate within the QB industry and works extremely well with the NFL elite as well as the aspiring high school QB. I highly recommend Gardy, he will improve your game, period!"

-Tom House

Throwing specialist for over 30 NFL QB's including former greats Brady and Brees

Tom House Sports LLC President



National Pitching East

NpaEastGo@gmail.com or NationalQB@gmail.com



Questions?

Call/Text Gardy 978-500-0148