

CONDITION TO PITCH/CATCH TRAINING

www.pitchingfix.com

Each participant will have access to
the following...

MOTION ANALYSIS TECHNOLOGY

Up to 1200 FPS (frames per second)

RADAR GUN READINGS

Weeks 2 and 3 Pitchers and
Catchers during drill work

STAT TESTING A new tool used to
predict your projected potential

PITCHING/CATCHING

GUIDELINES HANDOUT created
by the RDRBI (Rod Dedeaux
Research and Baseball Institute)



WINTER PITCH/CATCH CLINIC
SATURDAYS NEWTON SOUTH
3 PITCHING SESSIONS/3 WEEKS EACH

PITCHERS

SESSION ITINERERARY

Week 1: Initial Film Session

Foundation Fitness training for baseball activities, Evaluation of
biomechanics, functional strength and skills Strength/flexibility screens, Flat-
ground throwing drills:

Week 2: Foundation Fitness training for baseball activities, Flat-ground
throwing drills, Mound work – Developing Command, Mastering Various
Pitch Grips, Pitchers Fielding Practice, Bunt fielding Covering 1st base
Backing up throws from the outfield

Week 3: Final Film Session

Foundation Fitness training for baseball activities, Flat-ground throwing drills
to catcher, Mound work – Developing Movement Lecture – Pitcher/Catcher
Interface WRAP-UP OVERVIEW

COST: \$140 per Session
\$375 ALL 3 SESSIONS

CATCHING CLINIC

DECEMBER FOCUS:

Catcher conditioning, , pitcher/catcher interface, Film
Sessions, Overview of squat technique, Framing, Blocking,
Fielding Bunts, Throwing Technique

JANUARY/FEBRUARY FOCUS:

All of session 1 including, bullpens, ?'s to ask pitchers, field
management, game calling, assessing hitters' strengths and
weaknesses

MARCH UPCOMING SEASON
PREPARATION FOCUS:

NPA Catch and Throw Pitching Guidelines,
different kinds of velocities, Final Film
session and much more

Cost: \$100 per Session
\$275 ALL 3 SESSIONS

SPACE IS LIMITED

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CONDITION TO PITCH/
CATCH
WINTER 2009 - '10
PITCHING FIX



NEWTON SOUTH HIGH
SCHOOL FIELD HOUSE
SATURDAYS: 3-4:30 PM LITTLE
LEAGUE Group
4:30-6pm BIG DIAMOND GROUP
3 SESSIONS
SESSION 1: December 5, 12, 19TH
SESSION 2: January 23, 30 and
February 6th
SESSION 3: February 27, March 6
and 13th

DIRECTOR / FOUNDER
GARDY O'FLYNN

Coach O'Flynn is entering his 8th year as Varsity Baseball coach at Ipswich High School. Many former players have gone on to pitch in college. In 2006, out of high school, pitcher Matt Small was drafted in the 14th round by the Atlanta Braves.

PLAYING BACKGROUND

Coach O'Flynn pitched and played 1st base at the University of New Hampshire where he was named Division I All-New England in 1993. During his college years he spent 2 summers playing in the Cape Cod League. In the 1993 Major League Baseball draft, O'Flynn was chosen by the Texas Rangers. After 6 professional seasons and over 1,000 pro-innings pitched, O'Flynn was forced into early retirement. During his playing career O'Flynn learned under such pitching luminaries as Tom House, Nolan Ryan, Brad Arnsberg (current pitching coach for Toronto Blue Jays) and John Tudor.

O'Flynn maintained his relationship with Tom House, founder of the NPA and RDRBI before joining him in August of 2008.



CONDITION TO PITCH/CATCH WINTER
2009-2010

5 FOCUS AREAS

- Bio-mechanical Protocols and Drills
- Functional Fitness Training
- Nutritional Education
- Mental and Emotional Preparation
- Leadership Lessons

STAFF: Subject to change...

Matt Small- 2006 14th round pick of Atlanta Braves out of Ipswich High Expected to be in Double A during 2010 Season

George Abele - Strength and Fitness Director

Kyle Hildebrand - Catching Director

Log on to www.pitchingfix.com for more info on staff

CONDITION TO PITCH/CATCH WINTER
2009/2010 CLINIC SATURDAYS ONLY

SESSION 1 DECEMBER 5, 12th and 19th

SESSION 2 JANUARY 23, 30th-FEB. 6th

SESSION 3 FEBRUARY 27, MARCH 6th

and 13th

Newton South High School

3-4:30 PM Little League Group

4:30-6pm Big Diamond Group

SPACE IS LIMITED Register Online at

www.pitchingfix.com CONTACT INFO:

Gardy O'Flynn 978-500-0148

email: pitchingfix@gmail.com

By mail make checks payable to :

Pitching Fix

Mailing Address: Gardy O'Flynn/Pitching Fix

9 Heard Drive Ipswich, MA 01938

Pitching Fix Registration Winter

Player's Name _____ Age /Grade _____ TShirt size _____

Emergency Contact Name _____

PHONE NUMBER: _____

EMAIL: _____

Medical Insurance Company and I.D. Number _____

I understand and accept the condition that Gardy O'Flynn, Newton South High School, or anyone associated with Pitching Fix Clinics will NOT assume any responsibility for accidents and/or medical/dental expenses resulting from participation in this program. The applicant is in good health and able to participate in the physical activity. I hereby authorize the director and staff of Pitching Fix to act for me according to their best judgment in any emergency requiring medical attention. Please check off the following and sign.

3 SESSIONS My child will attend..

SESSION 1 DECEMBER 5th, 12th, and 19th ()

SESSION 2 JANUARY 23rd, 30th and-FEBRUARY 6th ()

SESSION 3 FEBRUARY 27th, MARCH 6th and 13th ()

Cost Per Session: \$140 Pitchers \$100 Catchers

ALL 3 SESSIONS 9 WEEKS () Please circle position:

PITCHER CATCHER

Cost: \$375 pitchers and \$275 Catchers

Parent/Guardian Signature _____

date _____

