

# INITIAL SCREENING

*Pitching Fix/NPAeast*



## **National Pitching Association**

---

Done by NPA East Regional Director Gardy O'Flynn with medical consulting from Dr. Hugh O'Flynn.  
More info at [NPA East](#) and [NPA](#) home site.

The initial screen must be completed before joining any [Pitching Fix/NPA](#) training session. Please contact Gardy at 978-500-0148 or [pitchingfix@gmail.com](mailto:pitchingfix@gmail.com).

What we do? **S.T.A.T. Testing**

### **Weak Link Screen Baseball Skill-Talent Testing/Strength/Conditioning**

(Weak Link)**S**creening-(Skill Talent)**T**esting -(Movement)-**A**ssessment-(Cross Specific)**T**rainning

- Strength test of sub scapular muscle groups (posterior) that protect shoulder capsules and bicep/triceps that protect the elbow muscle and tendon groups
- Exercises designed for joint integrity strength while maintaining flexibility
- Functional drills that used science based research to teach an efficient pitch delivery
- Isometric exercises that incorporate body weight resistance to strengthen joints
- Light weight training to use 3 motions that relate to primary pitches, fastball, breaking ball and off speed

We will also go over throwing progressions and film motion using our high speed cameras at 300-1200fps (frames per second)

**What separates Pitching Fix and NPA East?** Only Certified coaches through [NPA](#) (National Pitching Association) and [RDRBI](#) (Rod Dedeaux Research in Baseball Institute) can conduct this training.

## ***Player's Bill of Rights***

1. Players have the right to objective, offered science-based information and instruction.
2. Players have the right to authentic, unconditional coaching.
3. Players have the right to a positive sports/life skills learning experience.
4. Players have the right to health first preparation, competition, and recovery.
5. Players have the right to have fun.

*Baseball is a game of failure coached by negative people in a misinformation environment. The baseball landscape is fractured because there is a systematic disconnect between all of the game's "experts"*

Who are our experts.....

1. On the field , academy, a.a.u., personal skill coaches
2. Physical therapists, athletic trainers, conditioning coaches
3. , exercise physiologists, kinesiologists
4. Sports medicine doctors

### **Our On-the-Field, Academy, AAU and/or Personal Skill Coaches Create Issues By:**

1. Instructing with good intentions and bad information (i.e. opinion-based conventional wisdoms, not science- based research)  
i.e., Stay tall, stay back, don't rush, push of the rubber  
Right hander's right side of rubber, left hander's left side of rubber to create angle  
Shorten stride, get on top to create depth  
Don't stride across your body, don't stride open, stride straight  
Don't land on your heel  
Pull glove to chest
2. Making themselves look good by pointing out how bad their peer group is
3. Not speaking or understanding the exercise science/sports medicine vocabulary.  
CONTACT PITCHING FIX AT [pitchingfix@gmail.com](mailto:pitchingfix@gmail.com) or call Gardy O'Flynn at 978-500-0148

COST for Initial Screen is \$100.