

THROWERS COMBINE Tom House Sports

Coaches/Players S.T.A.T.Clinic

August 25-26, 2020 Salem, MA

DAY 1 EVENING: Lecture 8/25 6:30-9PM

Salem Waterfront Hotel: Featuring Tom House

- Throwing Presentation: Coach Gardy (Tom House Sports Dir.)
- Injury Assessments & Treatments: Dr. Hugh O'Flynn
Chief of Orthopedics Sports Medicine North
- Training today's athlete: Coach James Baker (NSPT/THS)
- LIVE ZOOM Call /Lecture, Q & A with Tom House
(Salem Waterfront Hotel BallRoom 6:30-9 PM)

DAY 2 WEDNESDAY 9-1 PM Grind Factory, Salem

Cross-Specific Functional Warm-Up Prepare for Combine

- STAT Combine Testing **Why STAT Test**
 - Training protocols with James Baker
 - NPA/N.QB Mechanical Drillwork with Gardy
- Players Cost: \$300 (pitchers/QB's) **MORE INFO/Register**
Coaches/Trainers/Medical Professionals Cost: \$200



NATIONAL QB

TOM HOUSE SPORTS



Gardy O'Flynn is the East Director for Tom House Sports LLC. Gardy has a Masters degree in Coaching with a focus on being a Motion Performance Expert. He played under Tom House in the Texas Rangers system and has maintained his relationship for 27 years. Throwers who train with him will get the same researched based protocols trusted by over 1,000+ MLB Pitchers and 70+ NFL QB's. Contact: npaEastGO@gmail.com or NPAeast.com

978-500-0148 • NPAeast.com
[NPAeastGO@gmail.com](mailto:npaEastGO@gmail.com)

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



Fa : ~~age~~ **W** Throwing Guru will join us
Tuesday Evening via Teleconference



THROWERS COMBINE Tom House Sports

Coaches/ Players
S.T.A.T. Clinic

August 25-26, 2020

Tuesday 6:30-9 PM Salem Waterfront
Hotel featuring
Tom House Q & A. Dr. Hugh O'Flynn
and Staff

Wednesday 9 AM - 1 PM Grind Factory,
Salem Throwing Combine & Training

THROWERS COMBINE

Tom House Sports

August 25 & 26

Tuesday 6:30 -9pm Presentation Salem Waterfront

Wednesday 9am-1pm Throwers Combine

Grind Factory, Salem MA 53 Mason Street

COVID COMPLIANT

Players Cost: \$300

Coaches Cost: \$200

For more information or to register, visit: <http://npaeast.com/event/throwingcombinesalem/>



TOM HOUSE SPORTS

WHAT TO EXPECT...

CLINIC INCLUDES:

- ▶ Biomechanics Throwing Protocols
- ▶ Arm Care & Functional Strength

Drills

- ▶ STAT Point In Time Capacity Test:

Find out your Safe Velocity & receive training manual and corrective exercises

- ▶ Biomechanical Drill Work
- ▶ Mental/Emotional Tips
- ▶ Nutritional Management Lecture

S.T.A.T. Combine Testing

- Screening for Weak Links
- Testing for Point in Time Capacity
- Accessing for Efficiency of Movement, Strength, and Flexibility
- Training for Efficient Movement, Muscle Balance, Velocity, and Neuro-Muscular Speed Thresholds

By using the data we collect from our proprietary testing, we can identify an athlete's current and potential velocity capacity. If an athlete is not currently reaching his/her capacity, we can identify and isolate which weak link is contributing to that failure. This

TRAINING TOOLS

- Sony Vegas Software used for analysis
- Video sent via private Server
- Multiple angles of analysis of athletes' throws.
- Corrective customized drill work
- Voice-over analysis and identification of your most significant mechanical flaws

Diamond Kinetics for Baseball
SPIN RATE ANALYSIS TRAINING TOOL

- Velocity & Spin Rate
- Spin Direction & Extension