

December 9th:

NFCA Itinerary



*10:00am **Randy Sullivan** "SAVAGE Softball Throwing Training Movement not Mechanics"



*12:00pm **Perry Husband** "The 7 Functional Hitting Skills of Effective Velocity Training"



*2:00pm **Andy Powers** "How to Avoid Season Ending Injuries and Get Your Players Healthy In No Time Flat While Avoiding The Destruction Of A Player's Career"

December 10th:



*10:00am **Kirsten Cox** "Catchers: Developing Skill Sets Worth Showcasing"



*12:00pm **Perry Husband** "The Effective Velocity Hitter's Toolbox - Measure-Analyze-Custom Workout-Re-Test & Repeat"



*2:00pm **Ron & Jill Wolforth** "Improving Arm Health and Durability"

December 11th:



*10:00am **Dr. Win Chang, M.D.** "Principles of 21st Century Rotator Cuff Shoulder Stability Exercise - A Paradigm Shift For All Throwing Athletes"



*12:00pm **Perry Husband** "Effective Velocity Pitch Design"



*2:00pm **Mike Ryan** "Personalizing Problem Solving For Hitters with simplicity"

**Click the link in the bio to
sign up today!**