

Fastpitch Softball : The Windmill Pitcher By Barry Sammons

Barry Simmons has been a pitcher in men s fastpitch softball leagues at all levels for 35 years Also a student of art and design Sammons used his knowledge to develop many of the illustrations used in the book He is an attorney for the Milwaukee Wisconsin firm of Quarles Brady. The Windmill Pitcher is the most comprehensive book on fastpitch pitching that I have read It is an excellent reference for both coaches and pitchers Ernie Parker world renowned pitching coach I now have a comprehensive reference book to offer the people who contact me about pitching The chapter on increasing ball speed is outstanding There was an incredible need for this book and I thank Barry for writing it Sherry Werner PhD lead researcher International Olympic Committee s Submission on Biomechanics and Physiology One of the most comprehensive fastpitch instructional books on the market today A must addition for any coach s library Art Certosimo DuPage County Illinois Barry Simmons has been a pitcher in men s fastpitch softball leagues at all levels for years Also a student of art and design Sammons used his knowledge to develop many of the illustrations used in the book He is an attorney for the Milwaukee Wisconsin firm of Quarles Brady Fastpitch Softball : The Windmill Pitcher

