

STRIKE CITY PITCHING INSTRUCTION

MISSION

**A comprehensive user-friendly approach to pitching
with proven success**

OUR METHOD

- TEACHING PHILOSOPHY BASED ON THE SCIENCE OF PITCHING AND CURRENT RESEARCH.
- LESSONS DESIGNED TO MEET THE INDIVIDUAL NEEDS OF EACH PITCHER.
- VIDEO ANALYSIS TO TRACK PERFORMANCE.
- ALL AGES AND SKILL LEVELS ARE WELCOME.



INSTRUCTOR

Nick Koman

- **Current Pitching Coach at Jackson Memorial High School. 2018 South Jersey Group IV and A South Champions.**
- **25 years of coaching experience.**
- **Special Education Classroom Teacher.**
- **Coached numerous players that have gone on to pitch at the collegian level.**
- **Coaching experience includes: Union HS, Lacey Township HS, New Brunswick HS, Toms River East HS, Jackson Memorial HS, New Jersey Marlins, and Toms River East Little League.**

LESSONS

**\$75 one hour session
\$40 half hour session**

**Day, evening, and weekend times
available**

*Call for information and pricing on all
other services*

Train in our backyard facility at

11 Maryann Place

Toms River, NJ

or we can come to you



Namok91@yahoo.com (732) 580-7154

SERVICES

- **Individual Lessons**
- **Small Group Lessons**
- **Team Lessons**
- **Team Consultations**
- **Classroom presentations for players & coaches**