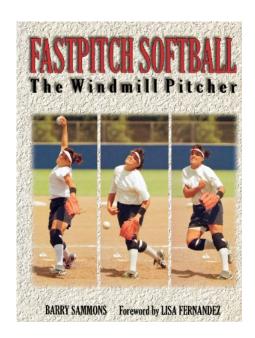
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"The Windmill Pitcher is the most comprehensive book on fastpitch pitching that I have read. It is an excellent reference for both coaches and pitchers." -- Ernie Parker, world-renowned pitching coach "I now have a comprehensive reference book to offer 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 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.



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