

practice or a game.

THE SOLUTION – With the courtclean eight foot **DAMP MOP SYSTEM**, a basketball court or any other large surface area can be cleaned in just five minutes. Simply take the mopping towel and dampen it to the desired wetness, then attach the towel to the courtclean and begin pulling. The towel can be used for several times during the day. At the end of the day, simply launder the towel like any ordinary towel.

“We have used our courtclean everyday for over 6 years. It has saved us time because we can clean two basketball courts in less than 10 minutes. It has saved us money, as we do not have to finish the floor as frequently. It provides us a good surface to play on.”

Andy Weekes,
Equipment Manager,
Irvine Valley College, Irvine CA

Remember, maintaining your gym floor is a **YEAR LONG** responsibility that requires a **DAILY** commitment! Order the courtclean system now and start receiving the benefits of cleaner, safer floors and mats.

Call Bob at courtclean with any questions on gym floor maintenance. See our ad on page 4.

1-800-900-2481
www.courtclean.com

“**SPEEDY BLEACHERS**”

“Speedy Bleacher” - **THE HIGHWAY TOWABLE FOLDING BLEACHER** that gives you virtually instant seating - where you need it - when you need it - **FAST!** One person set-up in ten minutes or less! Push-button hydraulic operation. All 4 heavy-duty stabilizing jacks are easily operated from a standing position at the back side of the bleacher.

Patented vertical bar guard rails thwart climbing and are a great safety feature! Full 24” row spacing gives spectators adequate knee room. Meets recent building codes. Built solid for many years of trouble-free service! “Speedy Bleacher” is the best choice for truly portable seating!

For catalog and video contact:

Kay Park

1-800-553-2476

www.kaypark.com.

Also see our ad on page 31.

Jennie “Finch Windmill” The Ultimate Shoulder Exerciser!

The Finch Windmill is a well-constructed, well-designed piece of equipment. I believe the Finch Windmill to be the best of all the devices available that are used to train the shoulder muscles used in the windmill pitching motion. While weighted balls may appear to offer similar benefits, they have the disadvantage of adding centrifugal forces to the shoulder joint, which

increases the risk of rotary cuff injury. The Finch Windmill applies forces, which only oppose the rotational pulling forces of the pitching motion, this minimizing the risk of training injury.

For the same reasons, the Windmill is also a very useful device for training muscles used in the “over the top” overhand throwing motion. The arm motion utilized in this throwing technique is closely mimicked by the Finch Windmill which, as in the pitching motion, allows the muscles to be trained with slightly increased resistance in the same coordinated movement.

Power, a function of speed and strength, is of prime importance in pitching and throwing. The Finch Windmill allows for high-speed training with increased resistance and an ultimate increase in power, all under controlled conditions.

Bill Daub, Exercise Physiologist
Edmonton, Alberta, Canada

Jennie “Finch Windmill”

JennieFinch27.com

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See our ad on page 7

TEX-NET INC.

ALL SPORTS NET DIVISION

Our products range from a wide variety of netting, shade cloths, wind screens, backstop covers, protective screens and fencing