

IOWA SOFTBALL COACHES CLINIC

FEBRUARY 2, 2008

PRE-REGISTRATION

\$65 _____ Coach \$20 _____ High School Student

PRE-REGISTRATION DEADLINE: JANUARY 25

NAME _____ PHONE NUMBER _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ EMAIL _____

COACH: High School _____ Junior High _____ ASA _____ College _____ Other _____

(please check appropriate line)

NAME OF SCHOOL _____

NAME & LEVEL OF ASA TEAM _____

**IF YOU ARE A STUDENT REGISTERING, PLEASE COMPLETE THE
FOLLOWING:**

NAME _____ CITY _____

SCHOOL _____ GRADE _____

(Students may attend and observe all sessions but there will be no hands-on participation)

Make checks payable to: Iowa Softball Coaches Clinic

MAIL REGISTRATION FORM AND CHECK TO:

Gayle Blevins, Clinic Director

254 Carver Hawkeye Arena

Iowa City, IA 52242

****PLEASE DUPLICATE THIS FORM FOR EACH COACH AND STUDENT REGISTERING****

21st Annual

***IOWA SOFTBALL
COACHES CLINIC***

Iowa City, Iowa

February 2, 2008

Special Guest Clinician

John Tschida



Sponsored by

The University of Iowa

21st Annual Iowa Softball Coaches Clinic February 2, 2008

SITE: The University of Iowa Bubble

NEW FORMAT There will be primary sessions that will be followed by breakout sessions of your choice based upon your need and skill level. Please refer to our website (www.hawkeyesports.com) and click on the Coaches Clinic link for specifics on the breakout sessions.

CLINIC FEES:

Pre-Registration—\$65 for coaches

\$20 for students

Postmarked no later than January 25

Pre-registered coaches will receive a clinic notebook, notes and lunch. Pre-registered students will receive lunch.

No refunds for coaches or athletes after January 28.

On-Site Registration—\$70 for coaches

\$25 for students

Coaches registering on-site will receive clinic notes only.

CLINIC DIRECTIONS: From I-80, exit 242—Coralville; south on 1st Avenue to 2nd Street; turn left; go to Hawkins Drive and turn right; follow signs to the Football Bubble (across the street from University Hospitals).

The University of Iowa prohibits discrimination in employment and in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity or associational preference. The University of Iowa also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Coordinator of Title IX, Section 504, and the ADA in the Office of Affirmative Action, 319/335-0705 (voice) or 319/335-0697 (text). The University of Iowa, 202 Jessup Hall, Iowa City, IA 52242-1316. Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the sponsoring department or contact person in advance at 319/335-7691.

NEW FORMAT

Saturday, February 2

- 8:00 Registration and Exhibitors
- 9:00 **Hitting Mechanics** - John Tschida
- 9:45 CHOOSE A BREAKOUT SESSION
- Advanced Hitting Drills**— John Tschida
- Beginner Hitting Drills** - Michelle Venturella
- Bunting/Slap Hitting Mechanics** -
Gayle Blevins
- 10:20 **Pitching Mechanics** - Shane Bouman
- 11:05 CHOOSE A BREAKOUT SESSION
- Beginner Pitching Drills** - John Tschida
- Advanced Pitching Drills** - Shane Bouman
- 11:40 Lunch and Exhibitors
- 12:30 **Training Your Infielders**—Gayle Blevins
- 1:15 CHOOSE A BREAKOUT SESSION
- Beginner Infield Drills** - Venturella
- Beginner Outfield Drills** - Tschida
- Advanced Infield Drills/Strategies**—Blevins
- Advanced Outfield Drills/Strategies**—Bouman
- 1:50 **Catching Mechanics & Drills** - Venturella
- 2:35 **Strength Training: “No Weights Required”;**
Speed & Agility Work - Damon Davis
- 3:20 CHOOSE A BREAKOUT SESSION
- Base Running**—Venturella
- Signal Systems**—Bouman
- Mental Game**—Blevins
- Questions & Answers**—Tschida
- 3:55 CHOOSE A BREAKOUT SESSION
- Base Running**—Venturella
- Signal Systems**—Bouman
- Mental Game**—Blevins
- Question & Answers**—Tschida
- 4:25 **Clinic Concludes**

Official Clinic Hotel: **Marriott Hotel**
300 E. 9th Street (319/688-4000) Exit 242 off I-80; south on 1st Avenue, left on 9th Street. When making reservations request **Iowa Softball Coaches Clinic** rate.
Rooms will be released January 18.

Iowa Softball Clinic Staff

John Tschida is regarded among the elite coaches in NCAA softball. He led the U. of St. Thomas (MN) to two consecutive Div. III national championships and NFCA National Coaching Staff of the Year honors in both 2004 and 2005. Tschida also coached Div. III St. Mary's to a 2000 national championship. He is a highly regarded instructor for the NFCC Coaching College and speaks nationally and internationally.



Gayle Blevins—Head Coach. Entering her 21st season, Blevins has led her teams to 7 Women's College World Series appearances (4 at Iowa), won 8 Big Ten titles (5 at Iowa) and has been inducted into the Indiana University and NFCA Hall of Fame.



Michelle Venturella—Associate Head Coach. Entering her 6th season, Venturella serves as the Hawkeye recruiting coordinator, hitting and catching coach. Venturella was a member of the US Olympic gold medal team in 2000 and 1996. She was an All American at Indiana University.



Shane Bouman—Pitching Coach. Bouman begins his 1st year as the Hawkeye pitching coach. He was formerly the head coach at South Dakota State for 6 years. As a pitcher, Bouman was a 4-time ASA All American. He led 5 teams to ASA national championships.



Damon Davis—Strength & Conditioning Coach. Davis is entering his 3rd year as the strength coach of the Iowa Softball team. He interned with the Chicago Bulls prior to joining the Hawkeye strength staff. Davis also was Assistant Performance Director at Synergy Performance.

Breakout Sessions

Advanced Hitting Drills

Drills will be based on how to hit different pitches effectively, including how to hit the change up. Adjustments for hitting these different pitches will also be covered.

Beginner Hitting Drills

Drills will be based towards working on the breakdown of the swing so an athlete can become mechanically sound.

Bunting/Slapping Hitting Mechanics

Mechanics will be reviewed for the following: sacrifice bunting; bunt-for-hit; fake-slap-sac; right-handed slap; suicide squeeze. The majority of this session however will be spent on technique and drills for the left-handed slap.

Beginner Pitching Drills

Drills will be directed towards helping your pitcher become fundamentally sound. Drills would include covering four main areas: alignment / posture / spacing / sequencing.

Advanced Pitching Drills

Drills will be directed towards how to teach movement pitches, including how to teach different grips and pressure points (i.e. rise, drop, curve and change).

Beginner Infield Drills

Drills are designed to work on footwork, glove work, basework as well as different throwing patterns.

Beginner Outfield Drills

Drills are designed to work on basic footwork, glove position and angles.

Advanced Infield Drills/Strategies

Drills are designed to work on areas such as situational strategies, 1st / 3rd situations, double plays, rundowns and pickoffs.

Advanced Outfield Drills/Strategies

Drills are designed to work on areas such as situational strategies, communication between outfielders, diving, sun drill and catching balls at the fence.

Baserunning

Techniques and strategies to help you learn how to “steal a run” as well as how to incorporate baserunning into practice.

Signal Systems

Ideas on how to incorporate different communication systems (i.e. base coach / pitcher and catcher / coach and catcher / coach and outfielders).

Mental Game

To include exercises and techniques for breathing, imagery, self-talk, affirmations and how to incorporate them into practice.

Questions and Answers with John Tschida

John will answer questions pertaining to any area of the game.