

IOWA SOFTBALL COACHES CLINIC

JANUARY 30, 2010

PRE-REGISTRATION

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

PRE-REGISTRATION DEADLINE: JANUARY 22

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****

23rd Annual

***IOWA SOFTBALL
COACHES CLINIC***

Iowa City, Iowa

January 30, 2010



SPONSORED BY

The University of Iowa

**23rd Annual
IOWA SOFTBALL COACHES CLINIC
January 30, 2010**

SITE: The University of Iowa Bubble.

FORMAT There will be two primary sessions that will be followed by breakout sessions of your choice based upon your need and/or skill level. Please refer to our website (www.hawkeyesports.com) and click on the Coaches Clinic link for specifics on all sessions. Some sessions will include **video**; others will involve live demonstrations.

CLINIC FEES:

Pre-Registration—\$65 for coaches

\$20 for students

Postmarked no later than January 22

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 26.**

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.

SATURDAY, JANUARY 30

- 8:00 REGISTRATION AND EXHIBITORS
- 9:00 **GAMES & DRILLS: MAKING PRACTICE FUN**— Diane Stephenson & Shane Bouman
- 9:45 **CALLING THE GAME**—Diane Stephenson
- 10:45 CHOOSE A BREAKOUT SESSION
- DESIGNING A PITCHING WORKOUT**—Shane Bouman
- CATCHING DRILLS**— Diane Stephenson
- TEAM BUILDING ACTIVITIES** – Gayle Blevins
- 11:15 **DEVELOPING PITCHES** - Shane Bouman
- 12:00 LUNCH AND EXHIBITORS
- 12:45 CHOOSE A BREAKOUT SESSION
- BASE RUNNING: SKILLS AND STRATEGY**—Bouman
- BUILDING LEADERSHIP IN YOUR TEAM** Blevins
- OFFENSIVE VIDEO ANALYSIS: PROBLEMS & SOLUTIONS** –Stephenson
- 1:15 **HITTING MECHANICS & DRILLS** Stephenson
- 2:00 **TRAINING YOUR MIDDLE INFELDERS PHYSICALLY & MENTALLY**—Blevins
- 2:45 **SPEED & AGILITY TRAINING** Gabby Quiggle
- 3:30 **IOWA SOFTBALL TEAM PRACTICE**
- 4:30 **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 15.



IOWA SOFTBALL CLINIC STAFF



Gayle Blevins—Head Coach. Entering her 23rd season, Blevins has lead her teams to 7 Women's College World Series appearances (4 at Iowa) and have won 8 Big Ten titles (5 at Iowa). Under her leadership the Hawkeyes have made 16 NCAA Tournament appearances. Blevins has been inducted into the Indiana University and NFCA Halls of Fame.



Diane Stephenson—Recruiting Coordinator & Hitting Coach. Stephenson begins her 2nd season as an assistant coach for the Iowa Softball team in charge of hitting and catchers. She was formerly head coach at Indiana University for 15 years, taking the Hoosiers to the NCAA Tournament 2 times. Stephenson was an All American and All Big Ten catcher for the Hoosiers.



Shane Bouman—Pitching Coach. Bouman enters his 3rd year as the Hawkeye pitching coach. In the 2 years as pitching coach, the Hawkeyes have finished 7th nationally, with a combined earned run average of 1.30. Bouman was formerly the head coach at South Dakota State for 6 years. As a pitcher, he was a 4-time ASA All American.



Gabby Quiggle – Softball Strength Coach, University of Iowa. Quiggle enters her 2nd year as the Hawkeye Strength & Conditioning Coach. Prior to her arrival at Iowa, she was a strength and conditioning coach at University of Kansas for 2 years. Additionally, Quiggle is a former Division I soccer player and participated in 3 NCAA Tournaments.