



2024 Event Information & Session Outlines

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Since 2014, we've made it our mission to be the best in the youth fundraising space. As we've worked closely with athletic and activity directors and their departments, we've seen the challenges they face. True to our mission, we've grown beyond fundraising and have built a platform and an app to provide industry-leading solutions.



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January 2024

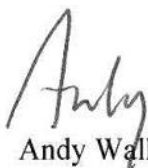
Dear Coaches and Players,

Welcome to the **2024 Mohegan Sun World Softball Coaches' Convention!** We are excited to have you here and we applaud your dedication to the game of softball! Our mission is to provide a world-class experience for coaches and players alike, and toward that end we have secured outstanding clinicians and designed a curriculum that addresses all levels of play and a range of coaching areas. Here are a couple of 2024 convention notes:

- One of the things that makes this event exceptional is our use of Mohegan Sun's incredible Expo Center, where we offer interactive learning sessions on our **Salt City Sports Demo Infield** and at the **On Deck Sports Batting Cage**. These sessions complement our teaching sessions in Earth Ballroom A & B throughout the clinic.
- Again this year, we are providing you with **FREE post-event access to videos** of many of our convention sessions, so that you can refer back to them or watch sessions you may have missed. Approximately two weeks following the clinic, we will provide attendees with email instructions as to how to access these videos. They will be available to you for a full year.
- You will find a **schedule** in this handout. We will update this schedule as needed on our mobile friendly website – SoftballCoachesClinic.com. We also have a full version of our Event Handout, which includes session outlines, available digitally on our website on the "Event Schedule" page.
- We will offer **two bonus sessions** on Friday night at 7PM & 8PM. Then, on Saturday morning, our Exhibitor Zone opens at 7:45AM, with our first sessions of the day starting at 8:15AM.

We thank our excellent presenters, who have found the time to share their knowledge of and passion for the game of softball. A special thanks to our title sponsor, Mohegan Sun; and to all our sponsors and exhibitors, whose support helps make this event possible.

Yours in softball and coaching,


Andy Walker


Roger LaFrancois


Pete Walker


Paul Sturges


Rick Orluk

WORLD SOFTBALL EVENT SCHEDULE

Friday, January 12 & Saturday, January 13, 2024:



FRIDAY, JANUARY 12, 2024			
Session Times	Location	Presenter	Topic
6:00pm - 8:00pm	EARLY EVENT REGISTRATION OPENS Mohegan Sun Expo Center Pre-Function Area		
7:00pm - 7:45pm BONUS SESSION #1	Break-Out #2	Laura Valentino , University of Connecticut Head Coach	<i>Your Coaching Matters: Preparing Players for the Next Level</i>
8:00pm - 8:45pm BONUS SESSION #2	Break-Out #2	Ashley Waters , Boston University Head Coach	<i>Offense, Defense, & Baserunning. Optimizing Your Time to Cover All Facets of the Game in One Practice</i>

SATURDAY, JANUARY 13, 2024			
Session Times	Location	Presenter	Topic
7:00am - 9:30am	GENERAL EVENT REGISTRATION Mohegan Sun Expo Center Pre-Function Area		
7:45am - 8:15am	EXHIBITOR ZONE IN EXPO CENTER HALL OPENS		
8:15am - 9:15am	Break-Out #1	Carol Hutchins , Hall of Fame University of Michigan Coach	<i>Culture and Connection are the Foundation of a Great Team: Building A Team Without Bats and Balls</i>
	On Deck Sports Batting Cage	A.J. Andrews Gold Glove Winner & LSU All-American	<i>Favorite Slapping Drills Demo</i>
	Salt City Sports Demo Field	Jen Hapanowicz , USA Elite Training Founder	<i>Pitching - Speed Killers: A Live Demo</i>
9:30am - 10:30am	Break-Out #1	Ashley Waters , Boston University Head Coach	<i>Game Preparation Development. Defensive Skill Work & Drills to Maximize Performance</i>
	Break-Out #2	Whitney Goldstein , University of Rhode Island Head Coach	<i>Indoor Practice Planning: Maximizing Fundamentals and Fun in Northeast Weather</i>
	On Deck Sports Batting Cage & Salt City Sports Demo Field	A.J. Andrews, Haylie McCleney & Morgan Stuart with Denise Davis & the Planet Fastpitch Team	<i>Pitching, Hitting, & Throwing Contests with Prizes!</i>
10:30am - 11:15am	EXHIBITOR TIME		
10:35am - 11:10am	Salt City Sports Demo Field	A.J. Andrews & Haylie McCleney	<i>Outfield Skills & Drills Demo</i>

Program, topics, and presenters are subject to change. Attendees must always wear their event credentials to access the event.
No videotaping of event sessions is allowed.

COMPLIMENTARY COFFEE SATURDAY MORNING FOR ATTENDEES & EXHIBITORS:

Complimentary coffee, courtesy of **Salt City Sports**, will be served beginning at 7:45AM on Saturday in the Salt City booth (#318) in the Exhibitor Zone. Stop by and learn more about their beautiful baseball/softball facility in Syracuse, N.Y.



WORLD SOFTBALL EVENT SCHEDULE

Saturday, January 13, 2024 (Continued):

Session Times	Location	Presenter	Topic
11:15am - 12:05pm	Break-Out #1	Morgan Stuart , Defensive Specialist & Player Development Coach	<i>Implementing Mentality into Everyday Rep</i>
	Break-Out #2	Clarisa Crowell , Penn State University Head Coach	<i>Programming and Drill Work for Elite Pitchers</i>
	On Deck Sports Batting Cage	Laura Valentino , University of Connecticut Head Coach	<i>Sharpen HOW We Catch: Drills to Grow Your Catcher's Toolbox</i>
	Salt City Sports Demo Field	A.J. Andrews, Haylie McCleney , and Select Presenters led by Jen Hapanowicz	<i>Hitting Drills with Live Player Involvement</i>
12:05pm - 1:15pm	EXHIBITOR TIME / LUNCH BREAK		
12:15pm - 1:00pm	Exhibitor Zone	Get Your Photo Taken with Haylie McCleney <i>Players have priority</i>	
	Exhibitor Zone	Get Your Photo Taken with A.J. Andrews <i>Players have priority</i>	
	Exhibitor Zone	Meet Morgan Stuart	
	Salt City Sports Demo Field	Rhode Island Head Coach Whitney Goldstein and USA Elite Training Founder Jen Hapanowicz	<i>Working Lunch: Get Your Recruiting Questions Answered by Rhode Island Head Coach Whitney Goldstein and USA Elite Training Founder Jen Hapanowicz</i>
1:15pm - 2:15pm	Break-Out #1	Carol Hutchins , Hall of Fame University of Michigan Coach, Haylie McCleney , Softball Superstar & Denise Davis , Planet Fastpitch Founder	<i>My Softball Life: The Challenges & The Celebrations featuring Hall of Famer Carol Hutchins & Softball Superstar Haylie McCleney - An Interview Session with Denise Davis</i>
	Break-Out #2	Mark Leinweaver , MLB Agent & Motivational Speaker	<i>Why Character Matters: An Interactive Workshop</i>
	On Deck Sports Batting Cage	Jen Hapanowicz , USA Elite Training Founder	<i>How to Practice Pitching in Small Spaces: Indoor Drills</i>
	Salt City Sports Demo Field	Morgan Stuart , Defensive Specialist & Player Development Coach	<i>My Favorite Infield Focuses From Beginner to Pro</i>
2:30pm - 3:20pm	Break-Out #1	Clarisa Crowell , Penn State University Head Coach	<i>Effective Strategies for Running a Productive and Efficient Practice</i>
	Break-Out #2	Laura Valentino , University of Connecticut Head Coach	<i>Catcher TALK: How to Develop Effective Communicators Behind the Dish</i>
	On Deck Sports Batting Cage	Jen Hapanowicz , USA Elite Training Founder	<i>Functional Strength Work to Build Stronger Pitchers</i>
	Salt City Sports Demo Field	Leigh Barone , Masuk High School (CT) & Kristine Botto-Drust , Cheshire High School (CT)	<i>Playing Catch with Purpose: Fundamentals of Throwing, Receiving & Transitions - A Live Demonstration</i>
3:30pm	EXHIBITOR ZONE CLOSES		
3:30pm - 4:20pm	Break-Out #1	Whitney Goldstein , University of Rhode Island Head Coach	<i>Generating Offense: The Old School Way (Fundamentals of Hitting, Advancing Runners, Hitting with Contact/Average... with Drills)</i>
	Break-Out #2	Denise Davis , Planet Fastpitch Founder	<i>Develop a Stronger Pitching Motion Start! Learn the Science, How to Assess the Movement, & Get Drills to Optimize Performance</i>
4:25pm - 5:15pm	Break-Out #1	Laura Valentino & the UConn Coaching Staff, Kristin Botto-Drust - Cheshire HS Coach, & Leigh Barone - Masuk HS	<i>Encouraging Leadership in Your Coaching Staff: A Panel Discussion with Audience Q & A</i>
5:15pm	CLINIC CONCLUDES		

2024 Mohegan Sun World Baseball and Softball Coaches' Convention Exhibitor Booth Locations

Exhibitor	Exhibitor Booth #	Exhibitor	Exhibitor Booth #
ATM Sports	104	Pocket Radar	117
Ballparks of America/Sho-Me Baseball	108	Porta Phone Co.	224
BATCO	111	Portolite Pitching Mounds	107 & 109
Bownet Sports	121	ProTime Sports Inc.	500 & 502
C & C Baseball and Apparel	325	Putnam Science Academy	213
CES	112	Rango Sports	324
Coaches Video	221	Rawlings / Easton	305
Cooperstown Bat Company	113	Rob Monte Art	527
CT SportsPlex	309	SANMAR	208
Decker Sports	220	Salt City Sports	318
Dove Tail Bats	408	SCORE Sports	418
Dream Bats	226	Snap! Mobile	311
Driveline Baseball	319	Softball Climate	309
Eli's Springback Tee	219	Sports Paradise	127
431 Sports	122	Strength Pro Inc.	211
GameChanger	310	Team Orders	223
Game One	228	The Blocking Buddy	504
Get Set Marketing	124	The Kelly Rodman Baseball Foundation	529
Gold Athletics	110	Tucci Limited Sports	126
JUGS Sports	128	Tyrus Baseball Products	118
Lasorda Legacy Park	125	USA Baseball	210
Launchpad Thumb Guard	525	USA Elite Training	506 & 508
Leading Edge Fundraising	120	USA Softball	510
Long Island Hot Stove Baseball	222	Walla International/Click Heaters	123
NFP Sports	523	Walter Bat Company	206
On Deck Sports	205	Wilson Sporting Goods Co.	217
Perfect Swings USA	129	USA Tournament Series	114
Performance Pitch	321	Victus Sports	541
Planet Fastpitch	319	X-Grain Sportswear	105

We thank you in advance for supporting our convention exhibitors and encourage you to patronize them throughout the year. You can find an exhibitor listing with their website addresses on our website.

2024 Exhibitor Zone Map

Demo Infield
presented by
Salt City Sports

Complimentary
Morning Coffee

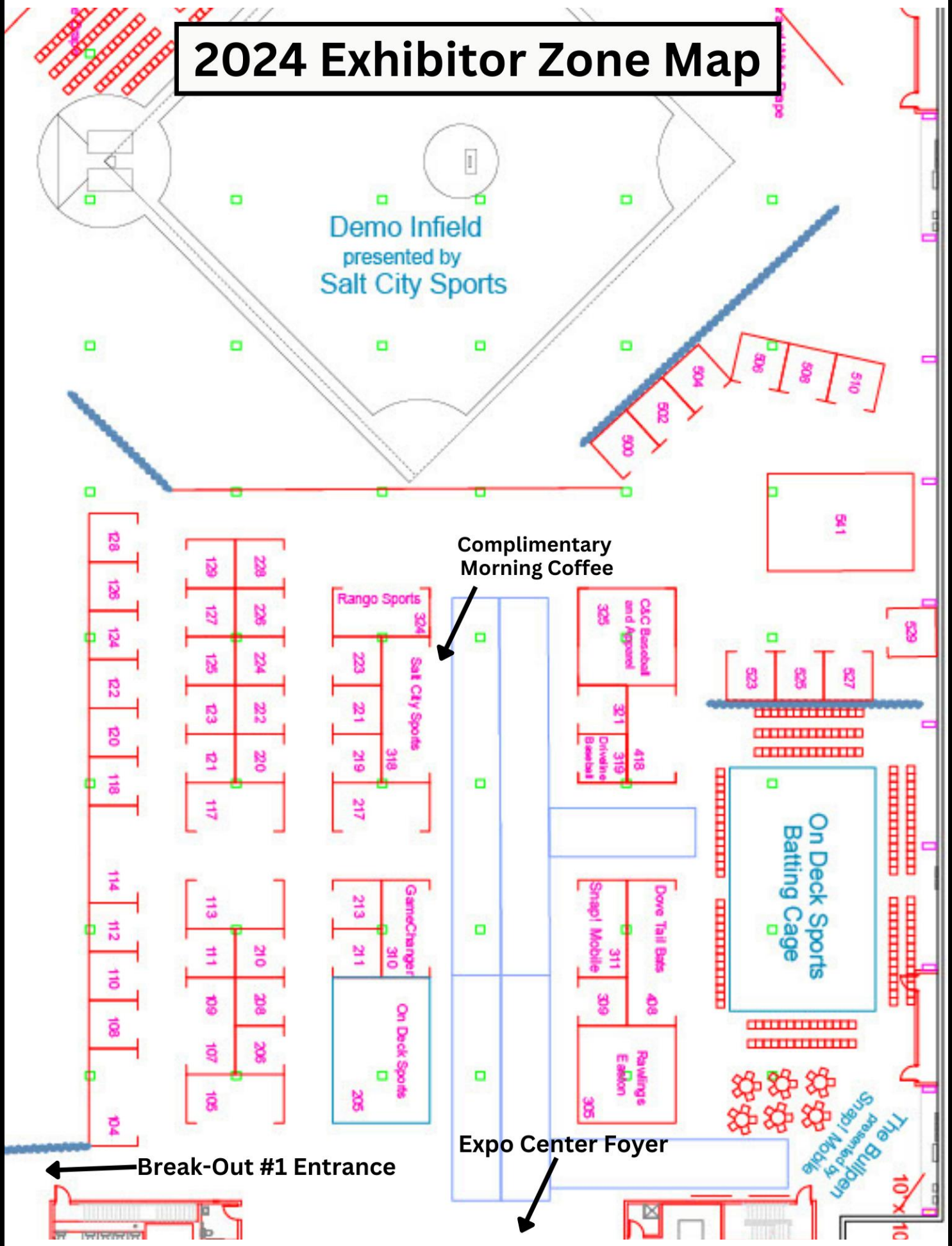
On Deck Sports
Batting Cage

Expo Center Foyer

Break-Out #1 Entrance

The Bullpen
presented by
Snap! Mobile

10' x 10'



SESSION: Friday, January 12, 2024, 7:00PM – 7:45PM: Break-Out #2
TOPIC: *Your Coaching Matters: Preparing Players for the Next Level*
PRESENTER: Laura Valentino, University of Connecticut Head Coach

Your Coaching Matters: Preparing Players for the Next Level

Laura Valentino

University of Connecticut Softball #WEbeforeme

(631)219-6698 // laura.valentino@uconn.edu



1) How YOU Impact the Process?

A. TEACH - "Teaching is more than acquiring knowledge, it is inspiring change. Learning is more than absorbing knowledge; it is acquiring knowledge."

B. CARE - Encourage → Push → Manage → Praise

C. COMPETE - Striving to GAIN or WIN.

2) Create VALUES and STANDARDS

A. Personal vs Staff Values

B. STANDARDS are a way of life

3) The DIAMOND of SUCCESS

A. Home Plate = Evaluate and Communicate Values and Expectations

B. 1st Base = Athlete

LEARN

CARE

COMPETE

C. 2nd Base = Parents

TEACH

CARE

COMPETE

D. 3rd Base = Coaches

TEACH

CARE

COMPETE

SESSION:

Friday, January 12, 2024, 8:00PM – 8:45PM: Break-Out #2

TOPIC:

Offense, Defense, & Baserunning. Optimizing Your Time to Cover All Facets of the Game in One Practice

PRESENTER:

Ashley Waters, Boston University Head Coach

Session Notes



SESSION:

Saturday, January 13, 2024, 8:15am – 9:15am: Break-Out #1

TOPIC:

Culture and Connection are the Foundation of a Great Team: Building A Team Without Bats and Balls

PRESENTER:

Carol Hutchins, Hall of Fame University of Michigan Coach

Session Notes



SESSION: Saturday, January 13, 2024, 8:15am – 9:15am: Salt City Sports Demo Field
TOPIC: *Pitching - Speed Killers: A Live Demo*
PRESENTER: Jen Hapanowicz, USA Elite Training Founder



Speed Killers **(Live Pitching Demo)**



Key Elements to Creating Speed

- Proper mechanics and mechanic sequence
- Must use the legs!
- Speed not about pitcher body size
- Must put effort into pitching and working correct drill 4-5 times a week.

What are the “8 Top Speed Killers” & how do we correct the issues?

1. **Not in Proper STAK™.**
 - Body Not in athletic position
 - Not using the ground force on initial drive
 - Body not square to catcher
2. **No Attack Position- No initial High Knee and Explosion**
 - Created the power on initial drive, the drive knee is directional.
3. **Arms are not sequenced together during full motion**
 - Equal and together
4. **Front Plant foot does not land at 45-degree angle**
 - Front Plant leg is a timing mechanism.
5. **The back drive leg gets no push / it drops like an anchor!**
 - Issue started with initial drive.
6. **Leaning with upper body at release**
 - Balance issue
7. **No resistance on front plant leg**
 - Created inconsistency in release point.
8. **Lacking physical Strength - Not strong enough**
 - Pitchers must be in the best athletic shape of all the players on the field.

SESSION: Saturday, January 13, 2024, 9:30am – 10:30am: Break-Out #1
TOPIC: *Game Preparation Development. Defensive Skill Work & Drills to Maximize Performance*
PRESENTER: Ashley Waters, Boston University Head Coach

Session Notes



SESSION: Saturday, January 13, 2024, 9:30am – 10:30am: Break-Out #2
TOPIC: *Indoor Practice Planning: Maximizing Fundamentals and Fun in Northeast Weather*
PRESENTER: Whitney Goldstein, University of Rhode Island Head Coach

Indoor Practice Planning
“Maximizing Fundamentals and Fun in Northeast Weather”
Whitney Goldstein
University of Rhode Island - Head Softball Coach

1. Outline

- a. The Positives and Keys to a Successful Indoor Practice
- b. Breakdown/Format of Practice
- c. Agility/Warm-Up/Conditioning
- d. Throwing Progression
- e. Offense/Hitting Stations
- f. Non-Traditional Hitting Stations
- g. Defensive Breakdown
 - i. Infield Drills
 - ii. Outfield Drills
 - iii. Pitching Drills
 - iv. Catching Drills
- h. Live/Situational Defense
- i. Baserunning/Bunting

SESSION: Saturday, January 13, 2024, 11:15am – 12:05am: Break-Out #1
TOPIC: *Implementing Mentality into Everyday Rep*
PRESENTER: Morgan Stuart, Defensive Specialist & Player Development Coach

Implementing Mentality into Everyday Reps

Morgan Stuart

Mindset plays a role in everything we do. Players spend the majority of their time training. Especially on the youth level, a lot of these kids don't have a night off from lessons to practice. How we approach each rep matters for long term skill development and longevity in the sport.

Notebooks are great for awareness, but players need to see how mental skills are actionable.

Our mental talk, body language, and choices in high emotional states/situations (like lessons when kids are around people they don't want to be embarrassed in front of, practices in front of friends and coaches they want to impress, games where everything is on the line) has a high impact on self-image and character.

Mental skills translate to consistency on the field and in players' overall enjoyment of the game.

- Awareness and perspective
- Ability to self-start, be accountable
- Intent behind each phase
- Fire, competitiveness, motivation

The Process	...In Lessons	Goals Here	Skills Built
The Choice to Be There	Wall Ball Updates Dynamic Warm up	<ul style="list-style-type: none"> - Start funneling focus - Players have a routine that starts their session 	Self-start, bravery, Perspective
Break Each Concept Down and Try It	Station Work	Learning	Awareness, accountability
Fail, Make Adjustments, Try Again	Live Balls	Practice	Failure recovery, build confidence in figuring it out
Test Time	Compete	Game Speed	The fire

Quality Reps Over Negative Reps

- Catch Play "Little Things"
- Hustle
- Vision of every ball
- Eye contact
- Adjustments

The sooner we learn that mental and physical are not separate concepts to teach and work through, the better these players will be and the faster they will get to the next level.

SESSION: Saturday, January 13, 2024, 11:15am – 12:05am: Break-Out #2
TOPIC: *Programming and Drill Work for Elite Pitchers*
PRESENTER: Clarisa Crowell, Penn State University Head Coach



- I. Introduction
- II. Recent Success
- III. Importance of Personnel & External Resources
- IV. Penn State Workload System
- V. Importance of Wellness Survey
- VI. Mobility Testing and Exercises
- VII. Testing
- VIII. Conditioning
- IX. Drills
- X. Practice Planning



SOFTBALL

SESSION:

Saturday, January 13, 2024, 1:15pm – 2:15pm: Break-Out #1

TOPIC:

My Softball Life: The Challenges & The Celebrations featuring Hall of Famer Carol Hutchins & Softball Superstar Haylie McCleney - An Interview Session with Denise Davis

PRESENTER:

Carol Hutchins, Hall of Fame University of Michigan Coach, Haylie McCleney, Softball Superstar & Denise Davis, Planet Fastpitch Founder

Session Notes

SESSION: Saturday, January 13, 2024, 1:15pm – 2:15pm: On Deck Sports Batting Cage
TOPIC: *Hitting Drills for Small Spaces*
PRESENTER: Jen Hapanowicz, USA Elite Training Founder



WHY CHARACTER MATTERS!

Social Media, Bravery, Volunteering & Anti-Bullying

Speaker Mark Leinweaver is an MLB Sports Agent who has spent two decades working in sports and entertainment – addressing these issues every day.

Why Character Matters focuses on how poor behavior can jeopardize a high school experience & beyond. Athletes must be their OWN agents – starting with the ABCs.

A – Accountability

B – Balance

C – Character

It is the responsibility of each athlete to be a leader on & off the field – AND...

Aware Of Social Media Dangers & Consequences: You must be cognizant of what you post, like, dislike and comment on. Social media is an extremely dangerous weapon.

Brave In Behavior: If you see something, say something. If you hear someone, tell someone. Being brave isn't easy but it's YOUR responsibility to share with an adult.

Volunteers In The Community: It's not hard to be selfless and kind. There are many local organizations seeking students to volunteer and assist their cause.

Leaders In Anti-Bullying: Bullying is an unacceptable behavior has become a real and tragic epidemic in our society. Do NOT be part of the problem – BE the solution.

This is not only about being prepared in high school...it's about being prepared in life!

www.whycharactermatters.com

Mark Leinweaver / mark@whycharactermatters.com / 424.202.1723

SESSION: Saturday, January 13, 2024, 1:15pm – 2:15pm: On Deck Sports Batting Cage
TOPIC: *Hitting Drills for Small Spaces*
PRESENTER: Jen Hapanowicz, USA Elite Training Founder



Topic: How to Practice Pitching in Small Spaces: Indoor Drills
Presenter: Jennifer Hapanowicz, USA Elite Training Founder



How to Practice Hitting in Small Spaces: Indoor Drills

How to set up your Indoor Practice Area in your home?

- Where is the best set up work out areas?
- Best tools that are needed

The Rules to An Effective Practice Routine

- Keep it simple & convenient to practice.
- Schedule into daily routine and keep a practice log.
- How often should a hitter practice?

The Top Indoor Practice Drills to Create a Successful Hitter!

- **Sequence Drills**
 - Wall Drills
 - Mirror Work
 - Throw the ball drill.
- **Isolated Upper Body Mechanic drills**
 - Knee Drill
 - Insider bat, Hammer, Small Bat, half bat
 - Variations – 2 hands, 1 hand, Extension only
 - Resistance Band Drills
- **Timing and Hip Explosion Drills**
 - Balance Beam Drill
 - Mini Bosu
 - Deflated soccer ball / basketball drill
- **Strength & Hip Drive Drill**
 - Weighted Vest
 - Resistance Cords
 - Medicine ball toss
 - Circuit Workout – Core

SESSION: Saturday, January 13, 2024, 2:30pm – 3:20pm: Break-Out #1
TOPIC: *Effective Strategies for Running a Productive and Efficient Practice*
PRESENTER: Clarisa Crowell, Penn State University Head Coach



- I. Introduction
- II. Strategies & Expectations
- III. Long & Short Term Planning
- IV. Practice Ideas
- V. Team Motivation
- VI. Practice Charts
- VII. Player Development
- VIII. Practice Planning



SOFTBALL

SESSION: Saturday, January 13, 2024, 2:30pm – 3:20pm: Break-Out #2
TOPIC: *Catcher TALK: How to Develop Effective Communicators Behind the Dish*
PRESENTER: Laura Valentino, University of Connecticut Head Coach

Catcher TALK: How to Develop Effective Communicators Behind the Dish

Laura Valentino

University of Connecticut Softball #WEbeforeme

(631)219-6698 // laura.valentino@uconn.edu



CHAMPIONSHIP CATCHER TALK is:

CLEAR - Direct and specific

CONCISE - Brief

CORRECT - Accurate

CONFIDENT - Presence and delivery, tone and body language

1) Communication System with COACHES:

A. In game

- a. Batter Stance/Location Hand signals
- b. In and Out
- c. Miss Middle
- d. In between innings
- e. Relief pitcher entering

B. Pregame/Postgame Chart & Journal

2) Communication System with UMPIRES:

A. Mask Forward

B. Effective questions

C. Coach involvement

3) Communication with PITCHERS and Teammates:

A. The Battery Bond

B. Sign Rhythm

C. TO Presence

D. Tough umpire

E. Journal Reflection

F. Pregame Scout

G. In-game Situations

SESSION: Saturday, January 13, 2024, 2:30pm – 3:20pm: On Deck Sports Batting Cage
TOPIC: *Functional Strength Work to Build Stronger Pitchers*
PRESENTER: Jen Hapanowicz, USA Elite Training Founder



Session:

Topic: Functional Training for Pitchers

Presenter: Jennifer Hapanowicz, USA Elite Training Founder



Functional Training for Pitchers

Why is it important to combine functional training exercise in combination with learning the skills of the pitching mechanics?

How do help get out athletes to feel the correct body movement and engage the correct muscle during the pitching motions?

Pre – Pitch Warm up Routine

- Need to be full body warm-up.
- Important for injury prevention

The Core Stability vs Balance

- Are they the same?
- How do we get our athletes to achieve this?

4 Area of Strength Focus & Targeted Pitching Mechanics

1) Core

- Opening of the body control
- Balance and posture
- Correct sequencing

2) Upper Body

- Working equal and sequencing

3) Hip Flexors

- STAK™
- Attack Position
- Hip Flexibility

4) Explosive Movement

- Speed in pitching motion
- Leg drive and push-off

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www.SoftballCoachesClinic.com

SESSION: Saturday, January 13, 2024, 3:30pm – 4:20pm: Break-Out #1
TOPIC: *Generating Offense: The Old School Way (Fundamentals of Hitting, Advancing Runners, Hitting with Contact/Average... with Drills)*
PRESENTER: Whitney Goldstein, University of Rhode Island Head Coach

Generating Offense - The Old School Way
Whitney Goldstein
University of Rhode Island - Head Softball Coach

1. Outline

a. Fundamentals of Hitting

- i. My Philosophy
- ii. Breaking Down the Swing

b. Hitting for Contact/Average

- i. Become a Well-Rounded Offensive Player
- ii. Understanding Point of Contact

c. Situational Offense

- i. How to conquer situational Hitting - The Approach

d. Drills!

- i. Tee Work & Front Toss Drills
- ii. Tools
- iii. Competitions
- iv. Game Like Situations

SESSION: Saturday, January 13, 2024, 3:30pm – 4:20pm: Break-Out #2
TOPIC: *Develop a Stronger Pitching Motion Start! Learn the Science, How to Assess the Movement, & Get Drills to Optimize Performance*
PRESENTER: Denise Davis, Planet Fastpitch Founder

Develop a Stronger Pitching Motion Start! Learn the Science, How to Assess the Movement, & Get Drills to Optimize Performance



By
Denise Davis
Planet Fastpitch, LLC Owner & Founder
The PT3 Sleeve, Inventor
On Base University, Instructor & Advisory Board Member



Benefits of Improving the Pitching Motion Start:

1. Linear Velo
2. Rotational Velo
3. Landing Timing
4. Perceived Speed – Stride Length

Goals, Data Points, and Elite Averages of The First Move:

How to Assess:

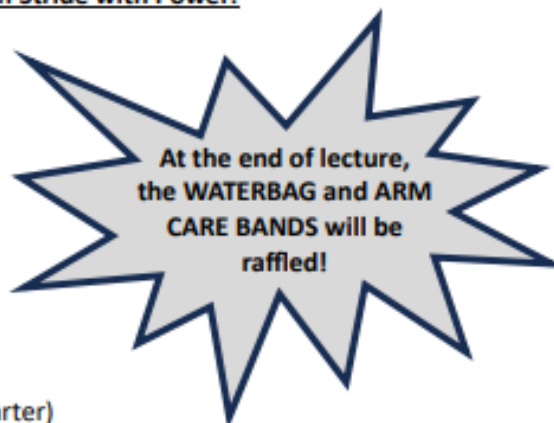
1. Standing Up
2. Staying Open
3. Marching
4. Hanging Back
5. Secondary Assessments:
 - a. Landing Early
 - b. Anchoring

Physical Screens to Determine if a Pitcher Can Stride with Power:

1. Tandem Dorsiflexion
2. Heel Lift
3. Active Straight Leg Raise
4. Lunge With Extension
5. Prone Shoulder

Corrective/Training Drills:

1. Footers in the Foundation
2. Locomotion
3. Water Bag w/ Bands (rotation)
4. Water Bag w/ Bands (drive to first quarter)
5. Hip Extensions
6. Ramping (upper and lower)
7. Partner Pushes



SESSION:

Saturday, January 13, 2024, 4:25pm – 5:15pm: Break-Out #1

TOPIC:

Encouraging Leadership In Your Coaching Staff: A Panel Discussion with Audience Q & A

PRESENTER:

Laura Valentino & the UConn Softball Coaching Staff, Kristin Botto-Drust - Cheshire High School Coach, & Leigh Barone - Masuk High School

Session Notes



SESSION NOTES

SESSION NOTES

**SHOW SPECIAL – BUY AT EVENT
OR ORDER ONLINE WITHIN ONE MONTH AFTER CLINIC TO SAVE!**

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HITTERS OF ALL LEVELS.**

SHOW SPECIAL - SAVE 15% ON CLINIC ORDERS!



**Proud to be a major partner of the
2024 Mohegan Sun World Baseball &
Softball Coaches' Convention.**

We are a manufacturer of high-end baseball/softball uniforms and garments, featuring custom sublimation and the best in screen printing and embroidery work.

Stop by the C & C Booth in the Exhibitor Zone. We'd love to meet you, learn more about your team/club needs, and show you how we can help your program.

SHOW SPECIAL - SAVE 15% ON CLINIC ORDERS!

A Special Thanks to Our Sponsors...



And we thank YOU, for joining us at the
2024 Mohegan Sun
World Softball Coaches' Convention.
See you next year!

