

Skill Development CLINICS

PITCHING CLINIC (FAST PITCH SOFTBALL)

Come learn the proper mechanics to throw fast, efficient, accurate and powerful. Additionally, techniques for throwing a rise, drop and curve will be taught, and will include drills to reinforce proper movements necessary to throw each pitch correctly.

Ages: 12-17 years of age
Date: Saturday, February 27, 2010
Time: 10 a.m.-12 noon
Location: Shasta Community College Softball Field (Shasta College vs. Santa Rosa Jr. College at 1:00 and 3:00 pm). Enjoy the game(s) after the clinic for FREE!
Participant Fee: \$50.00 pre-registration, \$55.00 at the door
Observing Fee: \$10.00 for coaches/parents observing or FREE if attending the Coaches Clinic on Sunday afternoon

SPEED AND AGILITY CLINIC

Learn the fundamentals and footwork on how to become a more efficient runner and sprinter for your specific sport. This clinic will teach the proper mechanics of running as well as reinforce proper footwork to help insure a quicker first step through acceleration, shuffle step, jumping and change of direction. Athletes will also learn proper stretching and warm up techniques. As a special bonus, each participant will receive a handout of the drills learned throughout the clinic.

Ages: 12-20 years of age
Date: Sunday, February 28, 2010
Time: 9:00-10:00 a.m. and 10:15-11:15 a.m.
Location: Shasta High School Large Gym
Participant Fee: \$35.00 pre-registration, \$40.00 at the door
Observing Fee: \$10.00 for coaches/parents observing or FREE if attending the Coaches Clinic on Sunday afternoon



SOFTBALL COACHES CLINIC

Learn how to teach your players the proper fundamentals in hitting, fielding, and pitching. The clinic will also cover dynamic warm up with speed and agility drills, and conclude with the topic "how to run a productive and organized practice."

Each fundamental will be demonstrated and then followed with drills that can be used to teach the skill set to your players. Each coach in attendance will have the opportunity to perform each drill to insure they "feel" the proper technique and will be able to demonstrate the skill. In addition, all those in attendance will receive written outlines for each fundamental covered.

Date: Sunday, February 28, 2010
Time: 12:30-4:30 p.m.
Location: Shasta High School Softball Field
Fee: \$50.00 per coach pre-registration, \$55.00 at the door

INSTRUCTOR'S BIO

BARBARA JORDAN

Barbara Jordan was a member of the first ever U.S. Olympic softball team in 1996 and was a member of the US National Softball Team for seven years, winning 8 gold medals in national and international competition. She played on 9 national championship teams throughout her collegiate and ASA playing career, including 3 national championship seasons with the Redding Rebels. Coach Jordan is entering her 5th year serving as an assistant coach for the USA Softball Team, and for 10 years was the Head Coach at California State University Northridge.

CHERI KEMPF

Cheri Kempf will be teaching the pitching portion of the clinic. Cheri has over 30 years of playing and teaching experience teaching thousands of players as well as consulting with the USOC and the ASA to develop universal pitching standards. She is a 3 time All American at Missouri Western, national champion and played for the Raybestos Brakettes. Cheri is the author of the Pitching Edge and is a softball analyst on ESPN.

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