

Central California ASA PRESENTS

# SOFTBALL COACHES CLINIC

Saturday February 25<sup>th</sup>, 2017

COST \$30.00 Per Coach

**BULLARD HIGH SCHOOL Gym & Softball Field**

5445 N. Palm, Fresno, CA 93704

**REGISTRATION 8:30am to 9:00am CLINIC 9:00am to 4:00pm**

Questions Contact: Vince Frasca (559) 313-3191

**Clinicians are: Jamie Maxey, Gina (Lopiccolo) Moite, Courtney Dale, Shelly (Stokes) VanHouwelingen and Tiffany (Heilbut) Whipple**

**AGENDA**

9:00-9:15	Principles of Coaching
9:15-9:30	Stretching and Warm Up
9:30-10:00	Throwing Techniques and Drills
10:00-10:30	Infield Techniques and Drills
10:30-11:00	Outfield Techniques and Drills
11:00-11:30	Base Running, Sliding
11:30-12:30	<b>Lunch</b>
12:30- 1:00	Pitching Techniques and Drills
1:00 - 1:20	Catching Techniques and Drills
1:20 – 2:00	Hitting Techniques and Drills
2:00 - 2:30	Team Drills
2:30 - 3:00	Practice Organization
3:00 - 3:20	Coach/Umpire Relations
3:20 – 4:00	Review and Closing Remarks

***THE DIFFERENCE***

The difference between our clinic and others is you are an active participant! You won't be sitting around all day listening to softball lectures. These clinics are unique, informative, and exciting because they provide a hands – on experience.

***QUESTIONS***

What should I wear to this clinic?  
Something comfortable. You will be participating in all of the drills (if you want, it is not required), so dress for comfort.  
What should I bring?  
Your enthusiasm for learning! A ball, glove, pencil, and a notepad. We'll do the rest.

***“Tell me, I’ll Forget...Show me, I may remember...Involve me and I’ll understand”.***

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**PLEASE RETURN THIS PORTION WITH PAYMENT TO CCASA:**

**Central Cal ASA \*\* Attn: Vince Frasca**

**Mail to: 4248 West Michigan Ave., Fresno, CA 93722**

**Make checks payable to CCASA for \$30.00**

**Name** \_\_\_\_\_ **Cell Phone #** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State & Zip** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**GRADE/AGE DIVISION COACHING** \_\_\_\_\_