

MIDWEST REGIONAL SOFTBALL COACHES CLINIC

DATE:
February 12 - 13, 2010

CLINIC SITE:
Holiday Inn Eastgate
4501 Eastgate Blvd.
Cincinnati, OH 45245
(513)752-4400

ROOM RATES:
Single - \$79.00 / Night
Double - \$79.00 / Night

NOTE: Please make room reservations as early as possible to insure clinic rate. After Jan. 15 reservations accepted on a space / rate availability. Rates are good for Thursday, Friday & Saturday. Mention you will be attending the clinic to insure the clinic rate.

CLINIC FEES: \$85 / person - pre registration
\$95 / person - at the door
\$55 / full time student age 23 or less

SAVE at the Show:

Order in advance to insure product availability.
Save with Clinic Pricing and avoid paying costly shipping fees!

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PROGRAM

Friday, February 12, 2010

- 11:00 - 1:00 **Registration / Exhibit Hall Open**
- 1:00 - 2:00 **BETH FLOYD:** Defensive Strategies for Slapping & Bunting
- 2:00 - 3:00 **SCOTT GOODPASTER:** Dynamic Flexibility, Strength & Agility
- 3:00 - 3:30 **EXHIBIT DISPLAY & BREAK**
- 3:30 - 4:00 **CHIP GREGG:** Dynamic Game Strategy
- 4:00 - 5:00 **CINDY BRISTOW:** Hitting Details & Drills
- 5:00 - 6:30 **DINNER (on your own)**
- 6:30 - 7:30 **MICHELE SMITH:** Basic Mechanics of the Fastpitch Pitching Form
- 7:30 - 8:30 **CINDY BRISTOW:** Why Players Hit in Practice But Not in Games
- 8:30 - 9:15 **MICHELE SMITH:** Advanced Pitching; the Junk Pitches
- 9:15 - 11:00 **COACHES SOCIAL - EXHIBIT DISPLAY** (A chance to visit with the speakers in a more personal setting)

Saturday, February 13, 2010

- 7:30 - 8:00 **EXHIBIT ROOM OPEN**
- 8:00 - 8:45 **BETH FLOYD:** Fundamentals of Catching
- 9:00 - 9:45 **MICHELE SMITH:** Winning the Big Game
- 10:00 - 10:30 **EXHIBIT DISPLAY & BREAK**
- 10:30 - 10:45 **CINDY BRISTOW:** Teaching the Running Slap & Bunting Under Pressure
- 11:00 - 12:15 **EXHIBIT DISPLAY, LUNCH** on your own
- 12:15 - 1:00 **MICHELE SMITH:** Road Map to Mental Toughness & Successful Pitching
- 1:15 - 2:00 **CINDY BRISTOW:** Drills, Drills, Drills
- 2:15 - 3:00 **SCOTT GOODPASTER:** Hands On Dynamic Flexibility, Strength & Agility
- 3:00 - 4:00 **EXHIBIT ROOM OPEN**

Who's Who at the CLINIC

MICHELE SMITH:

Two Time Olympic Gold Medalist & 2006 ASA Hall of Fame Inductee. Michele is Named All Time OSU Cowgirl where she won numerous awards. She ranks in every pitching category, school leader in wins and among the schools All Time Leaders in RBI's. She ended her college career with an impressive (80-20) Win / loss record with 46 shutouts. 1989 State of Oklahoma College Athlete of the Year By USA Today. Michele has been featured in Sports Illustrated for Women, Elle Magazine, Womens Sports & Fitness, USA Today, Forbes and many more. Commentator for ESPNU NCAA Softball Tournaments Michele is also a citizen of Japan where she plays softball. Check out www.michelesmith.com for tips and training aids.

CINDY BRISTOW:

Owner & Founder of Softball Excellence, Cindy has coached at Arizona State, New Mexico State, Wichita State and was the Head Coach for the Georgia Pride who later Became the Florida Wahoos in the womens professional Softball League. Cindy has Led the way in coaches education working as Director of Development for the ISF and Guiding selection of the US's first Olympic Softball Team. She has also work with and helped developed the Greek and Chinese Olympic teams. She has been inducted into the NFCA Hall of fame and has been awarded the Womens Professional Softball League Coach of the Year. check out www.softballexcellence.com to learn more.

SCOTT GOODPASTER, PT, CSCS

graduated from The University of Cincinnati in 2002 with a degree in Health Promotion and Exercise Fitness. Upon graduation Scott was a volunteer strength and conditioning coach at Xavier University from 2002-2004. He began his involvement as a strength and conditioning coach with Moeller High School's basketball program and now has implemented the most successful training program for wrestlers. In addition, Scott serves as a consultant for many high schools and college strength and conditioning programs. Scott has been a featured presenter across the nation and is known for his passionate and enthusiastic approach to training. He is a Certified Strength and Conditioning Specialist with the NSCA and is USA Weight Lifting Sports Performance and Club Coach certified. Scott is the director of Cincinnati Functional Fitness CFF continues to be one of the industry leaders in functional training.

BETH FLOYD

In her second year as the Head Coach & Senior Women's Administrator at Wilmington College. It is her 16th year of coaching softball. She spent the past 14 years coaching High School softball as well as travel ball in the summer. Coach Floyd played collegiate softball at the University of Rio Grande, in Rio Grande Ohio. There she was starting second basemen throughout her career, and maintained a career batting average of .310 and career fielding percentage of .954.

CHIP GREGG

Chip Gregg, in his eighth season as NKU's Assistant Softball Coach Since coming to NKU in 2002, the Norse have compiled a 265-113 overall record, With 5 appearances in the NCAA national tournament. In 2004 and 2005, Gregg helped guide NKU to a Great Lakes Region Tournament championship and the NCAA Division II national finals. In 14 years coaching. The Holmes High School grad has a 620-157 career record, including three years as a high school head coach. Gregg has coached youth softball since 1995 and has compiled a 402-99 record, including two world championships, a world runner-up, five state championships, and seven consecutive World Series appearances - never having finished lower than fifth. As a Player Gregg was selected 3 times as All-World in Softball.