

# Wisconsin Fastpitch Softball Coaches Association 2020 Clinic Agenda

## Saturday, February 8, 2020

8:00 - 9:00 a.m.	Registration and Exhibitor Displays
9:00 - 9:45 a.m.	Team Defense - <i>John Tschida</i>
9:45 - 10:30 a.m.	The Kinematic Sequence of the Swing - <i>Nadia Taylor</i>
10:30 - 11:15 a.m.	Foundations of High Level Throwing - <i>Austin Wasserman</i>
11:15 – 11:45 a.m.	Coaches Awards & District Meetings
11:45 a.m. - 1:15 p.m.	Lunch (on your own) and Exhibits
1:15 - 2:00 p.m.	Individual Defensive Developmental Drills - <i>John Tschida</i>
2:00 - 2:45 p.m.	Function of the Upper & Lower Body Throughout the Swing - <i>Nadia Taylor</i>
2:45 - 3:15 p.m.	Break & Exhibits - <i>Vendor Room</i>
3:15 - 4:00 p.m.	Strength Training for Softball - <i>Austin Wasserman</i>
4:00 – 4:45 p.m.	Creating Quality Indoor Practices - <i>John Tschida</i>
4:45 - 5:30 p.m.	Troubleshooting Your Players Swing - <i>Nadia Taylor</i>
5:30 - 8:00 p.m.	Dinner (included with two-day clinic) & Hall of Fame Banquet
8:00 - 10:00 p.m.	Coaches Social (speakers will attend) & Exhibitor Displays

## Sunday, February 9, 2020

7:30 - 8:00 a.m.	Registration and Exhibitor Displays
8:00 - 8:45 a.m.	*Split Session Pitching Foundations - Building A Beginning Pitcher - <i>Nyree White</i> Shoulder & Arm Care - <i>Austin Wasserman</i>
8:45 - 9:30 a.m.	*Split Session Pitching Mechanics - Velocity Development & Injury Prevention - <i>Nyree White</i> Practical Sports Psychology, Where Else Would A Coach Start? - <i>John Tschida</i>
9:30 - 10:00 a.m.	WIAA Updates – <i>Stephanie Hauser &amp; John Pederson</i>
10:00 -10:30 a.m.	Break and Exhibitor Displays
10:30 - 11:15 a.m.	Pitching Development - Methods, Drills & Mindset - <i>Nyree White</i>
11:15 a.m. – 12:00 p.m.	Speed Development - <i>Austin Wasserman</i>
12:00 – 12:45 p.m.	Getting Your Pitchers & Catchers Working Together - <i>Nadia Taylor &amp; Nyree White</i>

