

# 2003 UW Softball Coaches Clinic

January 17 & 18, 2003

This year's Coaches Clinic will offer a different look to those of you who have been close to the program in recent years, as well as provide a foundation to those of you looking to ground your program in the same fundamentals that have made the UW successful year in and year out. The lecture time over the specific fundamentals is being expanded to allow not only for more depth and questions from those who attend, but also for each UW Coach to bring some of you out of the crowd and get your own hands-on lesson. This is also a great opportunity to view the brand new Dempsey Indoor Arena located right next to our Softball Stadium and is a state-of-the-art facility for indoor practices.

Joining us again this year will be several of our closest sponsors and leaders in their own fields: **Worth, Speedline, Schutt, and Osborne Innovative**. We at the UW strive to push the envelope on and off the field, and affiliate ourselves accordingly with like-minded companies.

Unable to attend this year will be crowd favorite Ken Ravizza, Sport Psychologist and well known speaker, who is taking his act international and will be out of the country at that time. However, instead of his theories being conveyed, we will have our staff and team host a sports psychology round table where we can discuss how we at the UW apply Ken's theories, and most importantly, have the players on hand to illustrate its impact, progressions, and troubleshooting.

## Friday, January 17

<u>Session</u>	<u>Topic</u>
6:30 pm – 8:00 pm	Sports Psychology: Current and Former UW Staff and Players in a Round Table Format

## Saturday, January 18

<u>Session</u>	<u>Topic</u>
8:00 am – 9:00 am	Check In / Registration
9:00 am – 10:00 am	Throwing (Scott Centala)
10:00 am – 11:00 am	Infield Defense (Scott Centala)
11:00 am – 12:00 pm	Outfield Defense (Scott Centala/Steve Dailey)
12:00 pm – 1:30 pm	<i>Lunch (On Your Own)</i>
1:30 pm – 3:30 pm	Pitching (Head Coach Teresa Wilson)
3:30 pm - 4:00 pm	Catching (Teresa Wilson)
4:00 pm – 6:00 pm	Hitting (Steve Dailey)

**Cost: \$125**

• Please e-mail any questions to [gsteel@u.washington.edu](mailto:gsteel@u.washington.edu). If you do not have access to e-mail, then call (206) 543-6072.