

MHSSCA Softball Clinic Schedule

<u>Time</u>	<u>Event</u>	<u>Speaker</u>
8:00 a.m.	Board Meeting	
8:15 a.m.	Registration begins	
8:30 – 9:10 a.m.	Ask the Coach Round Table	Todd Buckingham Ashley Marinacci
9:15 – 10:00 a.m.	Awesome Team Drills_____	Cindy Bristow
10:05 – 10:40 a.m.	Running to Win / Slide City (University Room – 1)_____	Nicole Sappingfield
10:05 – 10:40 a.m.	Outfield Drills (University Room – 2)_____	Ashley Marinacci
10:05 – 10:40 a.m.	Catching Drills_____	Tiffany Deering
10:40 – 10:45 a.m.	Break	
10:45 – 11:20 am	Hitting Drills for Success_____	Cindy Bristow
11:20 – 11:25 a.m.	Break	
11:25 – 12:05 p.m.	Great Throwing Mechanics (University Room – 1)_____	Tiffany Deering
11:25 – 12:05 p.m.	Mental Game – Get the Edge (University Room – 2)_____	Todd Buckingham
11:25 – 12:05 p.m.	Premier Slapping_____	Nicole Sappingfield
12:05 – 12:10 p.m.	Break	
12:10 – 1:00 p.m.	Creating Great Outfielders (University Room – 1)_____	Nicole Sappingfield
12:10 – 1:00 p.m.	Strength and Conditioning (University Room – 2)_____	Joey C Eisenmann Ph.D.
12:10 – 1:00 p.m.	Developing Hitters_____	Tiffany Deering
1:00 – 2:15 p.m.	Lunch/Vendors / Committee Meetings	
2:15 – 3:00 p.m.	Championship Practices_____	Cindy Bristow
3:00 – 4:05 p.m.	MHSSCA Business & MHSAA Rules	
4:05 – 4:45 p.m.	Recovery and Injury Prevention (University Room – 2)_____	Joey C Eisenmann Ph.D.
4:05 – 4:45 p.m.	Pitching Mechanics_____	Alec Lesko
4:45 – 4:55 p.m.	Break	
4:55 – 5:40 p.m.	Aggressive Team Defense (University Room – 1)_____	Todd Buckingham
4:55 – 5:40 p.m.	Catching 101 (University Room – 2)_____	Mike McCollum
4:55 – 5:40 p.m.	Infield Drills_____	Ashley Marinacci
7:00 – 9:00 pm	Hall of Fame Banquet	
9:00 – ????????	Coaches' Social & Preseason Rankings	

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<u>Time</u>	<u>Event</u>	<u>Speaker</u>
8:30 – 9:30 a.m.	Developing the High School Pitcher (practice & drills)	Cindy Bristow
9:30 – 9:40 a.m.	Break	
9:40 – 10:40 a.m.	Infield Skill Development	Todd Buckingham

BIOS

Cindy Bristow, inducted into the NFCA Hall of Fame in 2001, has been involved in virtually every facet of softball throughout her 30-plus year career in the sport. Bristow, a former president of the NFCA, has authored eight softball instructional books and produced 14 instructional videotapes. She continues to be a prolific writer, developing instructional content for her web site SoftballExcellence.com. She also is one of the world's top softball clinicians and serves on staff for the NFCA's National Fastpitch Coaches College.

Dr. Joe Eisenmann is an assistant professor in the College of Osteopathic Medicine at Michigan State University and the founder and Director of Spartan Performance, an integrated sports performance center that tests, trains and energizes 2500 youth athletes and coaches on a daily basis. He has authored 175 scientific papers and delivered several invited lectures and participated in national-level advisory boards related to sports science, pediatric sports medicine and children's health and fitness. As a scholar-practitioner, his interests and skills are diverse and cover the areas of long-term athlete development, testing & assessment, biostatistics and analytics, athletic health, youth fitness, and integrated sports performance.

Ashley Marinacci is in her second season at the helm of the Adrian College softball program. In her first season, Marinacci led the Bulldogs to a 13-20 overall record. Even though the season was focused on rebuilding the team still finished with a 6-10 record in the MIAA, good enough for a sixth place finish. Prior to coming to Adrian, Marinacci was the assistant coach at St. Catharine College. She was involved in all aspects of the program and helped coach the team to the best postseason run in the sixth year as a four-year program. She mentored two Mid-South Conference First Team and three Mid-South Second Team members in her one season at the NAIA institution. Marinacci began her coaching career at Washington & Jefferson College (Pa.) serving as first assistant. She was the primary pitching and outfield instructor and coached first base. Marinacci returned to her alma mater Bethany College (W. Va.) as a graduate assistant coach beginning in 2011. She helped lead over a dozen players receiving all-conference accolades including an All-American recipient. Her primary duties included preparing scouting reports, designing practice plans and coordination of recruiting. Ashley had an extremely successful playing career picking up all-conference awards every year. Marinacci is also currently in the top ten rankings of several school records at Bethany, most notably number one in single season assists. Marinacci earned a Bachelor of Science in physical education from Bethany College, Master of Science in sports management from California University (Pa.) and a Master of Arts in teaching from Bethany College.

Bryan Rourke is in his second season as the Assistant Coach of the Adrian College softball team. Rourke came to Adrian after spending one year as a volunteer assistant softball coach at NCAA DII Ferris State University. While at Ferris State, Rourke was responsible for lesson plans, player development and supervision of practice sessions. He was also instrumental in the scouting and recruiting of student-athletes. Rourke coached two freshman All-GLIAC Honorable mentions during his stint at Ferris State. Before working at Ferris State, Bryan was the student manager for the Michigan State University women's softball team. His responsibilities at MSU included evaluation and statistical data gathering of future players, monitoring hitting using "Right View Pro" to help the evaluation and development of players, providing video of every at bat and working with the assistant coach to make all travel arrangements. Other coaching experiences include being a Camp Instructor at Northwestern University softball camp and coaching the Detroit Compuware Girls 14 and under travel fast pitch softball team where he led the team to the National Tournament held in Chattanooga, Tennessee. Bryan graduated from Michigan State University with a Bachelor of Arts in Communications in 2014.

Todd Buckingham enters his 16th year as a collegiate head softball coach, and 5th year at Saginaw Valley State University. Coming off back to back 30 win seasons, Buckingham consistently has SVSU among the top 5 in nearly every GLIAC offensive statistical category. Buckingham will be gunning for his 400th career victory this season. Prior to SVSU, Buckingham was the first ever softball coach at Indiana University Southeast, leading the program for 6 years, winning at least a share of the conference title every year and advancing to the NAIA Elite 8 in 2012. Buckingham started his coaching career at NCAA D2 Bluefield State College (WV), taking over a 2 win program and ending his tenure there with a 30 win season in his final year. Buckingham is the all-time winningest coach in BSC Softball history.

BIOS

Cindy Bristow has been involved in virtually every facet of softball throughout her 30-plus year career in the sport.

Player Pitched and played 1st base collegiately at Cal Poly Pomona for NFCA & ASA Hall of Famer Carol Spanks
Played professionally for the Santa Ana Lionettes



Coach Assistant Coach at Arizona State
Head Coach at New Mexico State
Head Coach at Wichita State
Head Coach and Assistant General Manager of the Georgia Pride who later became the Florida Wahoos in the Women's Professional Softball League



Leader President of the National Softball Coaches Association
National Director of Junior Olympic Softball for the Amateur Softball Association
Director of National Teams and Coaching Development for USA Softball
Director of Development for the International Softball Federation (ISF) - the world governing body for the sport of softball, including the Olympics

Educator Authored 8 softball instructional books
Produced 14 instructional video tapes and DVD's on Softball
Featured speaker at hundreds of softball clinics both in the US and abroad
Organized and Leader of numerous softball clinics
Color analyst for ESPN's college softball coverage
Prolific writer authoring hundreds of articles on every softball topic
Thought innovator influencing softball instruction on the youth & the elite level
Co-created the ASA Junior Olympic VIP Coaching Education Program
Created the Softball Excellence 7 Level Coaching Certification Program



Accomplishments Inducted into the National Fastpitch Coaches Association Hall of Fame
Helped guide the selection of the US's first-ever Olympic Softball team that won a Gold Medal in the 1996 Olympic Games.
Coordinated the Greek Olympic Softball Team's creation and first-ever appearance in an Olympic Games
Has worked with 3 different Olympic Softball Teams; USA, Greek and Chinese
Led the Florida Wahoos to a WPSL championship
Awarded WPSL Coach of the Year
Traveled the world to help increase the level of softball coaching and play on a global level while working with the ISF's 125+ member countries



Tiffany Worthy-Deering (Owner of Premier Softball)

Softball Training Specialties: Hitting, Catching, Fielding & Throwing

Coach Worthy-Deering was a four year varsity letter winner for the University of Michigan Softball Team (2003-2007). She was a part of two Big Ten Tournament Championships, two Regular Season Big Ten Championships and the 2005 NCAA National Championship Team. Coach Worthy-Deering's individual achievements include being named as Captain of the 2007 Michigan Softball Team, All-Big Ten Tournament honors in 2006 and being named to the All Big Ten Second Team in 2007. During the 2006 season, Coach Worthy-Deering led the Wolverines to a Super Regional appearance with a .364 average in 5 NCAA Tournament games during which she launched home runs in three straight games. She carried this momentum into her senior year with the Michigan Wolverines. As Captain, she led the team with 36 RBI's and homered in back-to-back NCAA Regional games to lead U of M to a third straight Super Regional. A native of Yorba Linda, California, Coach Worthy-Deering attended Lutheran High School of Orange County where she was named Best Offensive Player all four years of her varsity career and lead the team with a .700 career batting average. Deering is extremely passionate about the sport of softball and is eager to utilize her experience and knowledge helping to train and develop the potential of young aspiring female athletes. Her experience includes extensive travel teams and as a player/coach at many levels. Coach Worthy-Deering has run several successful softball clinics and camps where she focuses her training on hitting, catching and fielding skill development.

Nicole Sappingfield played for the University of Michigan (2011-2014) for four years in the outfield and was a two time Captain. As a slapper/hitter, Nicole hit for a career average of .355. In her years at Michigan, the team won four Big Ten Championships and had one Women's College World Series appearance. Nicole was awarded First Team All Big Ten (2010, 2014), Second Team All Big Ten (2012), and was a top ten finalist for the Lowe's Senior Class Award. Not only was Nicole a captain and All American but she was a consistent Academic Scholar as well. Nicole's offensive specialty is slapping but teaches hitting as well. She also loves to teach outfield specific play!

Alec Lesko is a Pitching, Fielding, & Hitting Instructor at Total Sports Softball
Former Trenton High School Varsity Coach and current varsity coach at Farmington Mercy
USSSA World Series Champion - MI Devils (2006)