

Central Catholic HS Softball Virtual Clinic 2020

November 7th, 2020 Schedule

<u>Schedule</u>	<u>Speaker</u>	<u>Topic</u>
1:00-1:15p	Sara Stauffer '01	Intro
1:15-1:35p	Jessie Nagae '16 Concordia University	Outfield Drills & Mentality
1:35-1:55p	Sara Stauffer '01 Pacific Lutheran University	Leadership & Culture
1:55-2:15p	Laura Steenson '99 Concordia University	Pitching Drills & Mentality
2:15-2:30p	BREAK	
2:30-2:50p	Kaitlin Ingelsby '10 University of Washington	What is it like to play at the highest level of collegiate softball? How did you get there? Tips? Tricks?
2:50-3:10p	Logan Kelly '20 Central Arizona College	Baserunning Drills & Mentality
3:10-3:30p	Erin Guidarelli '09 Humboldt State University	Nutrition & Injury Prevention
3:30p	Sara Stauffer '01	THANK YOU!!!

20 minutes allows for the presentation (15 min) and questions at the end (5 min)

November 14th, 2020 Schedule

<u>Schedule</u>	<u>Speaker</u>	<u>Topic</u>
1:00-1:15p	Sara Stauffer '01	Intro
1:15-1:35p	Sulie Becker '12 Southern Oregon University	Hitting Drills & Hitting Mentality
1:35-1:55p	Abby Davis '00 Indiana University	Being a Student Athlete
1:55-2:15p	Josh Prettyman (coach)	Catching Drills & Mentality
2:15-2:30p	BREAK	
2:30-2:50p	Tarah Black '06 Oregon State University	Conditioning/Weight Training for Softball
2:50-3:10p	Zoey Bredleau-Beehler '20 Mid-Plains College	Infield Drills & Mentality
3:10-3:30p	Kelsey Hansen '13 CU/Northwest Christain	How to be a good teammate & overcoming adversity
3:30p	Sara Stauffer '01	THANK YOU!!!

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