

Find your

**COACHING
MAGIC**

in

ORLANDO

at the

NFCA

National Convention

NOVEMBER 28-DECEMBER 1

2012

2012 NATIONAL CONVENTION

NATIONAL FASTPITCH COACHES ASSOCIATION

November 28 - December 1

ORLANDO

Innovative Strategies and Solutions for Pitching – Pre-Convention Seminar – Nov. 28

National Convention – November 28 - December 1

National Convention Exhibitor Show – November 29-30

Find your Coaching Magic in Orlando

PRE-CONVENTION SEMINAR Cindy Bristow will take coaches through proven, innovative methods to help pitchers maximize their speed, control, movement, mental strength and game dominance.

MORE THAN TWO DAYS OF CLINIC SESSIONS BY EXCELLENT SPEAKERS, COVERING THE GAME Learn valuable drills and tips from some of the best speakers in softball today. Veteran coaches and national experts tell their secrets of the game.

MENTORING SESSION Take part in the convention mentoring session as either a mentor or participant. Arranged in a roundtable session,

mentors and their groups discuss important coaching topics, followed by question and answer.

THE LATEST INNOVATIONS IN SOFTBALL EQUIPMENT More than 100 different companies are expected for the Exhibitor Show, November 29-30. Learn about the newest in softball training technology and apparel.

FORUMS TO DISCUSS CHANGES AND FUTURE OF THE SPORT & NETWORKING OPPORTUNITIES Thursday and Friday will feature business meetings for the individual membership groups. All NFCA members are welcome to share ideas to the entire membership at the Softball Summit on Thursday afternoon.

HOW TO REGISTER

Please complete the registration form and either mail or fax with payment to the NFCA office by November 1 to receive the Early Bird Special rate. Registrations received after November 1 will be charged regular rates, and on-site registration will include an additional fee.

General Registration for All Coaches and Non-Coaching Members Please note that the convention fees are all-inclusive, except for the optional pre-convention seminar (Wednesday, November 28) and the golf and tennis tournaments (Tuesday, November 27). The NFCC Coaches College courses being held in conjunction with the convention require additional fees. Your convention registration fee covers all events except those mentioned above, through the afternoon of Saturday, December 1; this includes all receptions, luncheons, banquets and breakfasts.

NFCC SPECIAL: Two or more coaches from the same staff can register for any of the NFCC classes and receive discounted rates for the second, third and fourth coach's registration.

Friday/Saturday Only Registration For high school and travel ball coaches only able to attend Friday and Saturday, we are offering a special two-day only Early Bird Special rate – \$250 for NFCA members and \$375 for non-members. (You can join on the registration form to get the lower rate and receive NFCA membership benefits, including 12 issues of our official newspaper *Fastpitch Delivery*.) The two-day only rate includes breakfast Friday and Saturday, and all clinic sessions. Two-day registrants who wish to attend the Friday night NFCA Hall of Fame Banquet may buy a ticket for \$50 (please see form).

NFCA ATTENDEE REFUND POLICY

Cancellations received on or prior to November 14 will receive a full refund, minus an administrative fee of \$35. Cancellations after November 14 through November 21 will receive a one-half refund. There will be no refunds for cancellations after November 21.

INNOVATIVE STRATEGIES AND SOLUTIONS FOR PITCHING COACHES

METHODS FOR INCREASING YOUR PITCHER'S IMPROVEMENT & SUCCESS

PRESENTED BY CINDY BRISTOW, SOFTBALL EXCELLENCE



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

Collegiately, she played first base at Cal Poly Pomona, where she earned All-American

honors before going on to play professionally for the Santa Ana Lionettes. She coached collegiately as an assistant at Arizona State and as the head at both New Mexico State and Wichita State. In the process she guided the Wahoos to the WPSL Championship and was also selected as the WPSL Coach of the Year.

An NFCA Hall of Fame member and former president of the association, Bristow has served as the national director of junior Olympic softball for the Amateur Softball Association, as the director of national teams and coaching development for USA Softball and as the director of development for the International Softball Federation (ISF). She has also authored eight softball instructional books, produced 14 instructional videos, been a featured speaker at hundreds of softball clinics, both home and abroad, and served as a softball analyst on ESPN broadcasts. Bristow is also the founder of Softball Excellence, a popular web-based softball instructional site.

In this special four hour pre-convention session, Bristow will take coaches through proven, innovative methods to help pitchers maximize their speed, control, movement, mental strength and game dominance.

SEMINAR DETAILS

The following four areas will be covered:

- Keys for Creating Self-Adjusting, Successful Pitchers
- 4 Key Mistakes We Make that Prevent Pitching Success
- Creative, Innovative Solutions for the Common Problems with Each Pitch
- Ways to Make Sure Your Practices Ensure Game Success

Everything will be presented in an easy-to-understand manner with lots of drills and practical applications. Also included will be methods for increasing speed & common ways we lose it, how to improve mental strength for better game performance, simplifying pitching to enhance success, warming up — how to cut out the fat & ensure game readiness, and how to figure out pitching fact from fiction.

This session will also be a great opportunity to meet and network with your pitching coach peer group!

PRE-CONVENTION SEMINAR
WEDNESDAY, NOVEMBER 28 • 8:30 AM - 12:30 PM

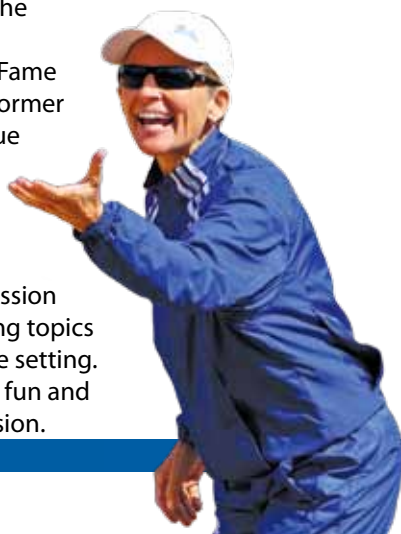
MENTORING SESSION
THURSDAY, NOVEMBER 29 • 7-9 PM

MENTORING SESSION

The 2012 NFCA National Convention will once again offer The Mentoring Session from 7 p.m. to 9 p.m. Thursday, November 29. Although young head and assistant coaches are encouraged to attend, anyone who thinks it would be beneficial is welcome to take part, but you must request it on the registration form.

Originating at the 2010 convention in San Diego, The Mentoring Session has become one of the top events at the Convention.

NFCA Hall of Fame member and former UCLA coach Sue Enquist will once again facilitate the event that provides discussion on key coaching topics in a roundtable setting. Join us for this fun and rewarding session.



WILSON GOLF SCRAMBLE
TUESDAY, NOVEMBER 27 • 9 AM

WILSON GOLF SCRAMBLE

You don't have to be a great golfer to play in the Wilson Golf Scramble Tuesday, November 27, at Disney's Lake Buena Vista Golf Course.

Although you may play with your own pre-selected team or partners, it is not a requirement, and individual players will be grouped to form foursomes. There will be numerous awards, including prizes for longest drive and closest to the pin.

Disney's Lake Buena Vista Golf Course is a classic country club course winding its way through everything from thick forests to pastel vacation villas. The magic of Disney surrounds you, along with the enchantment of nature in the form of magnificent Florida pines, palmettos, reflection ponds and wildlife. Teeing off over boats navigating the canal and enjoying views of an enchanting lighthouse is typical of the distinctive character of this course.

The \$90 fee covers your greens fees, cart, range balls and tickets that can be used for a box lunch or as drink tickets.

2012 CONVENTION SCHEDULE

TUESDAY, NOVEMBER 27

- 9 AM **WILSON GOLF SCRAMBLE**
LAKE BUENA VISTA GOLF COURSE
- 10 AM **TENNIS TOURNAMENT**
BUENA VISTA PALACE

WEDNESDAY, NOVEMBER 28

- 8:30 AM **"INNOVATIVE STRATEGIES AND SOLUTIONS FOR PITCHING COACHES"**
CINDY BRISTOW, WORLD-RENOWNED INSTRUCTOR AND FOUNDER OF SOFTBALL EXCELLENCE
- 1:30 PM **COMMITTEE MEETINGS**
- 3 PM **EXHIBITOR SET-UP UNTIL 7 PM**
- 4 PM **GENERAL SESSION**
- 6:30 PM **LOUISVILLE SLUGGER RECEPTION**

THURSDAY, NOVEMBER 29

- 7 AM **CONTINENTAL BREAKFAST**
- 8:30 AM **CAUCUS/BUSINESS MEETINGS BY GROUP**
- 11 AM **EXHIBIT HALL OPEN UNTIL 6:30 PM**
- 11:30 AM **EASTON VICTORY CLUB LUNCHEON**
- 1:30 PM **SOFTBALL SUMMIT**
- 4 PM **"CHAMPIONSHIP OUTFIELD PLAY"**
ALYSON HABETZ, ASSOCIATE HEAD COACH, UNIVERSITY OF ALABAMA
- 5 PM **MIZUNO HAPPY HOUR IN EXHIBIT HALL**
- 7 PM **MENTORING WORKSHOP**
- 9 PM **DIAMOND SPORTS HOSPITALITY**

FRIDAY, NOVEMBER 30

- 7 AM **SCHUTT SPORTS CONTINENTAL BREAKFAST**
- 8 AM **CONTINUATION OF BUSINESS MEETINGS**
- 9 AM **EXHIBIT HALL OPEN**
- 9 AM **"THE MUSTS OF HITTING"**
LIZZY LEMIRE, ASSISTANT COACH, UNIVERSITY OF NOTRE DAME
- 10 AM **"STOP THE DRAMA: THE ULTIMATE GUIDE TO FEMALE TEAMS"**
DR. ROBYN ODEGAARD, AUTHOR AND NATIONALLY KNOWN SPEAKER/CONSULTANT
- 11 AM **EXHIBIT HALL DRAWINGS & SILENT AUCTION**
- 1:15 PM **"OFFENSIVE STRATEGIES VS THE OFF-SPEED PITCH"** BRIAN KOLZE, HEAD COACH, UNIVERSITY OF THE PACIFIC
- 2:15 PM **DUAL SESSION: "ADVANCED CATCHING: FRAMING THE PITCH"** ASHLEY HOLCOMBE BELL, SAMFORD UNIVERSITY, ASSISTANT COACH & USA NATIONAL TEAM PLAYER

2:15 PM **DUAL SESSION: "BE A FIVE-TOOL PLAYER: BALANCING THE GAME OF LIFE"** SHONDA STANTON, HEAD COACH, MARSHALL UNIVERSITY

- 3 PM **EXHIBIT HALL CLOSES; TEARDOWN BEGINS**
- 3:15 PM **"THE NEW WAVE: UNDERSTANDING AND CONNECTING WITH GENERATION iY ATHLETES"** TIM ELMORE, FOUNDER & PRESIDENT OF GROWING LEADERS
- 6:30 PM **NFCA HALL OF FAME BANQUET**

SATURDAY, DECEMBER 1

- 8 AM **TWU MASTER'S INFO SESSION**
- 9 AM **NFCA COACHING STAFF OF THE YEAR BRUNCH**
- 10:30 AM **ROUNDTABLE - "MAKING THE TRANSITION FROM ASSISTANT TO HEAD COACH"** ANNIE SMITH, HEAD COACH, GEORGIA SOUTHERN UNIVERSITY
- 10:30 AM **ROUNDTABLE - "WHO'S ON FIRST: INNOVATIVE DEFENSIVE POSITIONING"** STEVE WAMMER, HEAD COACH, NORTHLAND COLLEGE
- 10:30 AM **ROUNDTABLE - "MEN COACHING WOMEN"** RICH WIELIGMAN, HEAD COACH, OKLAHOMA STATE UNIVERSITY
- 11:30 AM **ROUNDTABLE - "RECRUITING STANDARDS"** SUE ENQUIST, NFCA HALL OF FAME
- 11:30 AM **ROUNDTABLE - "PITCHING MECHANICS - CORRECTIONS AND MODIFICATIONS"** BARB SHERWOOD, ASSISTANT COACH, VIRGINIA TECH
- 12:30 PM **"DRILLS, DRILLS, DRILLS"**
- 12:30-1:05 **BASERUNNING X'S AND O'S** ERIN VAN NOSTRAND, HEAD COACH, PACIFIC LUTHERAN UNIVERSITY
- 1:10-1:45 **PITCHING** BETH TORINA, HEAD COACH, LOUISIANA STATE UNIVERSITY
- 1:50-2:25 **DEFENSE** GEORGE WARES, HEAD COACH, CENTRAL COLLEGE
- 2:30 PM **"THE FIVE C'S OF A MENTAL-GAME WARRIOR"** JEN CRONEBERGER, HEAD COACH, URSINUS COLLEGE
- 3:30 PM **"TURNING THE DOUBLE PLAY"** BLAKE MILLER, ASSISTANT COACH, UNIVERSITY OF OREGON
- 4:30 PM **"WHY INJURIES ARE ON THE RISE AND WHAT TO DO ABOUT IT"** BRANDON MARCELLO, DIRECTOR OF SPORTS PERFORMANCE, STANFORD UNIVERSITY



COME EARLY OR STAY LATE!

NFCC COURSES

AT 2012 NFCA NATIONAL CONVENTION

AS A SPECIAL CONVENTION OFFER, TWO OR MORE COACHES FROM THE SAME STAFF CAN REGISTER FOR ANY OF THE CONVENTION NFCC CLASSES AND RECEIVE UP TO \$100 OFF THE SECOND, THIRD AND FOURTH COACH'S REGISTRATION.



PRE-CONVENTION
NOVEMBER 26-27

COACHING DYNAMIC TEAM PRACTICES (406)

OVERVIEW: This course will enhance your ability to analyze and teach selected fundamental individual skills:

- Take an in-depth look at planning, organizing and conducting practices from the ground up
- Construct a draft of a master practice plan. Discuss sample daily plans. Consider differences in pre-season, pre-game and off-season plans
- Develop practice policies and procedures, logistics and routines
- Discuss eight mistakes coaches make when teaching drills and how to prevent them
- Learn how to boost your players performance through effective feedback
- Actively participate in drills designed to improve your personal coaching skills

INSTRUCTORS: Carol Bruggeman, associate head coach, University of Louisville; Carol Hutchins, head coach, University of Michigan; Cindy Bristow, co-owner, Softball Excellence

CLASS TIME SCHEDULE: Monday – 10 a.m. to 5 p.m.; Tuesday – 8 a.m. to 5 p.m.

THE ART OF CHAMPIONSHIP COACHING (COURSE 401)

OVERVIEW: Softball is more than X's and O's. Learn how to mold your team into the championship team you want. This course will help you develop and apply the skills of coaching through case study and discussion:

- Discover how your coaching style can have maximum impact on your athletes;
- Gain a better understanding of your players -- why they act the way they do and how to predict their responses
- Improve your effectiveness in dealing with recurring issues like playing time, teamwork, discipline, confidence, slumps and change
- Learn specific tips for coaching hitters and pitchers
- Learn to better manage team meetings, conflict and negativity
- Develop effective protocol for pre-game, pitching changes, substitutions, practice, travel, games and team membership
- Discuss the art of scheduling and game planning
- Learn strategies for goal setting, listening, communicating and delegating
- Identify fatal coaching flaws and discuss how to fix them.

INSTRUCTORS: Susan Craig, former head coach at the University of New Mexico; Gayle Blevins, retired head coach at the University of Iowa; Rhonda Reville, head coach at the University of Nebraska

CLASS TIME SCHEDULE: Saturday – 6 p.m. to 10 p.m.; Sunday – 8 a.m. to 6 p.m.; Monday – 8-11 a.m.

POST-CONVENTION
DECEMBER 1-3

POST-CONVENTION
DECEMBER 1-3

EXPLOSIVE TEAM OFFENSE & STRATEGY (COURSE 405)

OVERVIEW: Learn how to read your opponent and coordinate the actions of your individual players in order to score and manufacture runs:

- Examine the pieces of an explosive offensive puzzle (power, running and short game)
- Learn the elements of play-mapping and apply them to numerous tactics and strategies
- Practice and evaluate your play calling by going head-to-head with classmates and instructors in various game situations
- Discuss how to put together a batting order and how to use the DP-FLEX rule to your advantage
- Study offensive strategy factors and principles of strategic thinking
- Learn how to interpret opponent statistics and apply the information to your game plan
- Break down the four basic elements of a game plan
- You have to score to win: 33 Tips for Runners, 15 Tips for Coaches, 23 Tips for Batters
- Explore your offensive philosophy, personnel management, scouting and the evaluation of offensive performance
- Accumulate drills for the practice of offensive team skills and strategies

INSTRUCTORS: John Tschida, head coach, University of St. Thomas; Rachel Lawson, head coach, University of Kentucky; Rich Wieligman, head coach, Oklahoma State University

CLASS TIME SCHEDULE: Saturday – 6 p.m. to 10 p.m.; Sunday – 8 a.m. to 6 p.m.; Monday – 8-11 a.m.

ORLANDOTRAVEL

Buena Vista Palace Hotel & Spa

1900 E. Buena Vista Drive

Lake Buena Vista, FL USA

Phone: 866/397-6516

Reservations: 866/246-6563



The always-popular Orlando, Florida, area will be the site of this year's NFCA National Convention, to be held November 28 - December 1 at the Buena Vista Palace Hotel & Spa in the WALT DISNEY WORLD® Resort. Located on 27 beautifully landscaped acres in Lake Buena Vista, Florida, the Buena Vista Palace Hotel & Spa is right across the street from Downtown Disney®, a virtual wonderland of shops, restaurants and nightlife.

The hotel is just a 20-minute ride from downtown Orlando and the Orlando International Airport (MCO). The property has three pools, a full service spa and salon, and guest special privileges such as access to Disney® golf courses, and complimentary transportation to all Disney® theme parks.

RESERVATIONS The NFCA has blocked rooms at the Buena Vista Palace at a \$125 rate (plus tax) for one to four people in a room. Water view rooms are \$135 (plus tax), while Downtown Disney® view rooms are \$145 (plus tax). In addition, one-bedroom island suites are offered at a special rate of \$175 per night (plus tax), based on availability. To make your reservations, call 866-246-6563 and ask for rooms in the NFCA block. THE CUTOFF DATE FOR RESERVATIONS IS NOVEMBER 2; YOU MUST IDENTIFY YOURSELF WITH THE GROUP TO GET THE SPECIAL RATES. All reservations must be guaranteed with a major credit card.

CHECK-IN Begins at 4 p.m.; checkout is 11 a.m.

PARKING Complimentary self-parking is available at the Buena Vista Palace Hotel & Spa.

HOTEL AMENITIES FOR NFCA ATTENDEES

NFCA convention-goers will receive:

- Wired and wireless in-room Wayport® High Speed Internet (In-room WebTV not included)
- 24-hour access to the Cyber Cafe located on the 1st floor of the main building

- Pool Ambassador - offering personalized pool amenities and services
- Daily Membership to the Fitness Center and Spa including unlimited use of Fitness Center Equipment, lockers, hot tubs, sauna and shower facilities. Minimum age for Spa guests is 18 years (membership does not include spa treatments or services)
- Weekday New York Times Newspaper available in the lounge
- In-room coffee and tea
- Disney® Bus Transportation - Daily to Disney® Theme Parks. (Magic Kingdom, Epcot, Animal Kingdom, Hollywood Studio, Typhoon Lagoon and Blizzard Beach). Nightly transportation to Downtown Disney® Marketplace and Pleasure Island beginning at 6 p.m.

AIRPORT/AIRPORT TRANSPORTATION The Orlando International Airport (MCO) is the 13th busiest airport in the United States and is serviced by more than 40 airlines. For transportation to the host hotel – Buena Vista Palace Hotel & Spa – the NFCA has secured a \$4 round-trip discount from Mears Motor Shuttle. Go to the NFCA web site to print off your discount coupon for \$27 round-trip. Taxis also are available for about a \$60 one-way fare, not including tolls.

DRESS CODE The NFCA National Convention is casual, except the NFCA Hall of Fame Banquet on Friday, November 30. The attire for this prestigious event is dressy.

**NEED
MORE
INFO?**

Contact the NFCA:
phone 502/409-4600
fax 502/409-4622
email nfca@nfca.org
web www.nfca.org