



**Coaches Clinic 2010**  
**Buffalo, NY**  
**Ramada Amherst Hotel**

**REGISTER** on-line at

[www.eteamz.com/elitesoftballtrainingcamp](http://www.eteamz.com/elitesoftballtrainingcamp)

--- Or --- by mailing this form with check payable to Homerun Softball to 100 Harrington Rd., Syracuse, NY 13224.

**Coaches Clinic, January 15 & 16:**

Coaches Pre-Registration Fee...\$90 after Dec. 27...\$100  
 Registration one day Fee \$50 Friday \_\_\_\_\_ Saturday \_\_\_\_\_  
 Pre-Registration for Group (5 or more) Special ...\$80 each  
**Pre-Registration payment is required by Dec. 27.**

(Players Pre-Registration for Coaches Clinic...\$40 After Dec. 27...\$50)

Name 1 \_\_\_\_\_

Email \_\_\_\_\_

Circle one: Coach    Player

Name 2 \_\_\_\_\_

Email \_\_\_\_\_

Circle one: Coach    Player

Name 3 \_\_\_\_\_

Email \_\_\_\_\_

Circle one: Coach    Player

Name 4 \_\_\_\_\_

Email \_\_\_\_\_

Circle one: Coach    Player

Name 5 \_\_\_\_\_

Email \_\_\_\_\_

Circle one: Coach    Player

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

**Players' Clinic, January 17, 2010**

Coaches Registration to Players' Clinic is included in Coaches Clinic Fee.

**Players Registration Fee:**

Before Dec. 27: One Session \$40, Two Sessions \$70, Three Sessions \$100

After Dec. 27: One Session \$55, Two Sessions \$90, Three Sessions \$125

**Hitting**

Grades 3 – 7 12:30 p.m. – 2:00 p.m.

Grades 8 – 12 10:45 a.m. – 12:15 p.m. 12:30 p.m. – 2:00 p.m.

Grades 8-12 only Speed Training Session 9:00 a.m. -10:30 p.m.

**Pitching**

Grades 3 – 7 12:30 p.m. – 2:00 p.m.

Grades 8 – 12 10:45 a.m. – 12:15 p.m. 12:30 p.m. – 2:00 p.m.

Grades 8-12 only Speed Training Session 9:00 a.m. -10:30 p.m.

**For More Information and/or to register players for the Players' Clinic, contact Ronald Baum, Clinic Director, at (518)796-8315 or e.mail: [homerunbsb@yahoo.com](mailto:homerunbsb@yahoo.com)**

**Softball Coaches Clinic 2010**

**Friday, January 15, 2010**

1:00 p.m. Registration and vendor tables open

2:00 p.m. - 2:45 p.m. **Sean Cotter**

How to Get the Best out of your Staff and your Head Coach

2:50 p.m. - 3:35 p.m. **Emily Friedman**

Glove Work for Infielders

3:40 p.m. - 4:25 p.m. **Wally King**

Hitting for Excellence

4:30 p.m. - 5:15 p.m. **Peter Looney**

Pitching Fundamentals Beginning to Advance

5:15 p.m. - 6:30 p.m.

Dinner on your own/Vendors

6:30 p.m. - 7:15 p.m. **Sean Cotter**

Baserunning Cotter Style

7:20 p.m. - 8:05 p.m. **Emily Friedman**

Situational Defense

8:10 p.m. - 8:55 p.m. **Wally King**

Intensive Hitting Mechanics Boot Camp

9:00 p.m. Coaches Social

**Saturday, January 16, 2010**

8:00 a.m. Registration and vendor tables open

8:30 a.m. - 9:15 p.m. **Peter Looney**

Pitching Tools for Practice

9:20 a.m. - 10:05 a.m. **Emily Friedman**

Infield Drills

10:10 a.m. - 10:55 p.m. **Brandon Marcello**

Dynamic Warmup

11:00 a.m. - 11:45 a.m. **Brandon Marcello**

Strength Training

11:45 a.m. - 12:45 p.m.

Lunch

12:45 p.m. - 1:30 p.m. **Sean Cotter**

Dealing with the Millennium Athlete

1:35 p.m. - 2:20 p.m. **Brandon Marcello**

Common Questions & Answers in Training Softball Players

2:25 p.m. - 3:10 p.m. **Wally King**

Common Faults and Fixes for Hitting

3:15 p.m. - 4:00 p.m. **Peter Looney**

A Variety of Pitching Workouts

**Sunday, January 17, 2010**

**Players Clinic – Hitting, Pitching & Catching**

9:00 a.m. – 2:00 p.m.

North Amherst Recreation Center

4415 Millersport

East Amherst, NY 14226

**Clinic Staff**

**Brandon Marcello – PhD, CSCS, USAW Stanford University**

Dr. Brandon Marcello brings over ten years of experience in strength and conditioning for softball. Considered one of the top strength coaches, he currently serves as the Director of Sports Performance at Stanford University where he oversees all aspect of athletic performance enhancement for the 35 intercollegiate sports. Marcello is also the Director of Human Performance for USA Softball. Prior to his arrival at Stanford, Marcello served as the Speed and Conditioning coach for Baylor University Women's Softball Team. Under his guidance the Bears set the Big 12 Stolen base record and achieved over 550 stolen bases for four consecutive years. His Clientele included Nomar Garciaparra, Mia Hamm, Phil Milkelson, Maria Sharapova, and Marc Bulger to name a few.

**Peter Looney – Pitching Coach, University of Connecticut**

Coach Looney has been Pitching Coach at UCONN for the past 24 years. While at UCONN, Looney has helped develop six pitchers who have gained All-Region and All-Big East honors a total of 38 times, including three who have earned All American Pitching honors. 2001 UCONN Speed line NFCA Northeast Regional Coaching Staff of the Year.

**Wally King – Assistant Coach, Syracuse University**

With 14 years of coaching experience and playing time with two teams ranked in the world King brings knowledge, experience and leadership to the Syracuse softball team after joining the staff in 2008. Before joining the SU staff, King served as the assistant coach at Trine University in Indiana. While with the Trine Thunder, King helped guide the squad to the most wins in school history with 31 and its first national tournament appearance. The team set records in runs, double, home runs, RBI, and had a league-best ERA. In 2006, King served as a volunteer assistant coach and hitting instructor at Bowling Green University.

**Sean Cotter - Head Coach, UMASS Lowell**

Cotter begins his first year at UMASS Lowell after spending the last 10 years at Plattsburgh State. Cotter compiled an overall record of 254-172 which included 10 straight appearances in the State University of NY Athletic Conference Tournament, Two SUNYAC regular season titles, Two NCAA Tournament appearances, and one SUNYAC Tournament championship. In 2007 he guided the Cardinals to a 3714 overall record the NCAA Division III Northeast Region Championship and a forth-place showing at the Division III Softball World Series.

**Emily Friedman Assistant Coach Fordham University**

Friedman, a 2006 graduate of the University of California- Berkeley, begins her first year at Fordham following one season as an assistant coach for the University of Vermont. Prior to Vermont, Freidman played her college ball at Cal where she earned Pac-10 Honorable Mention in 2006 as a second basemen. She helped Cal win the Pac-10 Championship in 2005 and advanced to the College World Series. Freidamn was named to the Pac-10 and all Region Academic First Teams and was also a third team Academic All-American selection as a senior. Freidman was drafted by the Philadelphia Force in the NPFS league, where she is currently in her third season.



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**Pre-Registration Fee** is \$90 per Coach, \$50 for one day or \$40 per Player -- or \$80 per Coach when registering 5 or more attendees.

**Pre-Registration payment is required by December 27th.**

**Registration Fee after Dec. 27:** \$100 per Coach, or \$50 per Player.

**CLINIC FEATURES**

Admission for all Coaches to Players Clinic Sessions\*, Clinic Notebook, reduced room rates, vendors' exhibit area, and Hospitality Room for discussion with all the Coaches.

Clinic Confirmation and directions mailed to you.

**Hotel Reservations** are available to Clinic participants at the Ramada Amherst Hotel.

Single/Double rooms are available for \$69 per night (breakfast included). Call 1-716-636-7500 and ask for special Softball Clinic rate. Reservations should be made at least one month in advance. Hotel website: [www.ramadahotelamherst.com](http://www.ramadahotelamherst.com).

For more information, contact Ronald Baum, Homerun Softball Clinic Director, at (518)796-8315, or e.mail [homerunsoftball@yahoo.com](mailto:homerunsoftball@yahoo.com).

Homerun Softball  
100 Harrington Road  
Syracuse, NY 13224

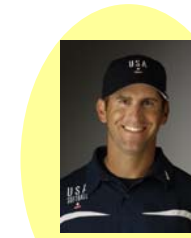


**Softball Coaches  
Clinic 2010**

**Buffalo, NY**

Friday, January 15  
Saturday, January 16

*~ featuring ~*



**Brandon Marcello**  
Director of Human  
Performance for  
USA Softball



**Peter Looney**  
Pitching Coach,  
University of  
Connecticut



**Wally King**  
Assistant Coach  
Syracuse University



**Sean Cotter**  
Head Coach  
UMASS Lowell



**Emily Friedman**  
Assistant Coach  
Fordham University

**Speakers available for discussions**

- Vendors' Exhibits
- Coaches' Social
- All sessions at one site  
The Ramada Amherst Hotel  
Reduced Hotel Rates
- Players' Clinic on Sunday  
at North Amherst Recreation Center