

College Softball Camp
January 2-3, 2010
Coquille Complex – Covington, LA
www.collegesoftballcamp.com

December 29, 2009

Hi Campers,

The plans are all set for an exciting weekend for you and the coaching staff of the 2010 College Softball Camp (CSC). Thank you for your participation in the camp. All campers are encouraged to get plenty of rest ahead of time and come prepared for a very busy two days. This note is being emailed to all registered campers. Help us make sure everyone knows this email went out by alerting any friends to check their inboxes. This information will also be posted on the camp website in the Camp Updates section, as will any last minute updates.

Identification

Campers are divided into four groups based on their school year. Seniors are G4 (400#'s), juniors G3 (300#'s), sophomores G2 (200 #'s) and freshmen and below G1 (100 #'s). Each camper will receive a track style number that is to be worn at all times.

SATURDAY

Registration @ Coquille Complex

G3 & G4 – arrive no later than 9:30am to register. This includes all juniors and seniors.

G1 & G2 – arrive no later than 10:15am to register. This includes all freshmen and below and sophomores.

Each camper will receive a packet that will include a camper number (track style number) that must be worn both days. You will also get a camp T-shirt to wear on Sunday. A copy of the schedule will be in your envelop. Any campers that are bringing their paperwork with them, it is critical that you bring your signed medical release form or you can not participate.

Camp Schedule

Attached are two Word files that contain the schedule for Saturday and Sunday. Please look these over in advance. When you get your camper number, on it will be your sub-group number for the group rotations at the Sandlot hitting facility. Please stay in your assigned group. Each group (G1, G2, G3, G4) will have three subgroups like 1.1, 1.2 & 1.3. On the fielding stations at Coquille, campers will have the option to pick which station to attend within their group rotation. During one rotation, you will pick between going to middle infield or corner infield, in the second rotation you will pick between outfield, pitching or catching.

Weather & Clothing

The forecast looks like mild temps in the 50's for the weekend with no rain. That being said, be prepared each day for any type of weather: cold, heat, or rain. The indoor hitting facility can get a bit warm. On Saturday, many campers like to wear a shirt or jersey with their high school or travel team name on it. On Sunday, all campers will wear the camp T-shirt they will get at registration.

Shoes

You will need an assortment of shoes. Tennis shoes must be worn inside the Arena and in the gym. Plastic cleats or tennis shoes can be worn in the Sandlot. Metal cleats can be worn on the outside fields only.

Equipment

Bring what you would normally bring to a game: glove, cleats, tennis shoes, bat, batting helmet, batting gloves, and sliding pads. Catchers bring your gear. Take your bag with you whenever you move from station to station.

Food & Concessions

On Saturday, lunch will be provided for the campers and coach staff. It will be authentic Cajun jambalaya, Caesar salad, and bottled water. If that does not suit your taste, you are free to bring a bag lunch. You will not have time to leave the facility. Coquille has a full concession stand, and plans are to have Chick-fil-A sandwiches on Saturday and pizza on Sunday for sale to campers and parents. On Sunday, the juniors and seniors may not have time to eat lunch, but perhaps will be able to grab something quick when moving from Coquille to the Sandlot. Sophomores and freshmen will have about an hour time slot for a lunch break. On Sunday morning, for the groups that go directly to the gym, feel free to bring in your breakfast (don't leave behind any trash). Water coolers and cups will be at Coquille, the Arena, and the Sandlot. There will be a fully stocked medical kit at Coquille and Sandlot, and personal comfort items in the women's restrooms.

Facilities

We are using five facilities for the camp.

Coquille Triplex – this is the camp Headquarters, and where to report for registration. Three softball fields plus another field will be used. When you enter the Coquille facility, go all the way to the back and the softball facility is there on the left.

Coquille Gyms – on Sunday, Gym #1 will be used; it is just to the right as you enter the facility.

Sandlot Baseball & Softball Academy – the hitting stations on Saturday will be held here, as well as Sunday's Cage Challenge. This indoor facility is located a half mile down the highway from Coquille. 8 hitting tunnels will be used.

The Next Level – located in the Sandlot, this is a complete Physical Therapy facility.

St. Tammany Indoor Arena – located next door to Sandlot, this large facility will host the Speedology station on Saturday.

Transportation

The camp will provide bus transportation for campers back and forth from Coquille to the Sandlot & Arena for anyone that needs it. You are free to travel down on your own or ride the bus. At Coquille there is plenty of parking in multiple lots so please park only in actual parking spots (don't block the corners), as the bus will be coming in and out during the day.

Skill Stations – a brief description of these activities

Outfield – Campers will be instructed in skills for outfield fielding, throwing, and mental approach of the game.

Middle Infield – Campers will receive instruction and participate in drills for shortstop and second base positions.

Corner Infield – Campers will receive instructions and participate in drills for third base and first base positions.

Catching – Catchers will receive instructions and participate in drills for the catcher position.

Pitching – Pitchers will receive instructions and participate in pitching and fielding drills.

3S Bands – New patented bat speed technology, the 3S Hitting System instruction will be conducted by 3S Co-Inventor Bill Dailey who is a former LSU Baseball Coach and one of the Nation's leading authorities on hitting mechanics. The 3S (Swing, Speed, Strength) system is a two-component system that has a direct and immediate effect on bat speed!

Tee Work – 10 tee stations will be set up for instructional direction from camp staff.

Batting Cage – 3 hitting tunnels with Jugs softball pitching machines will be used at this station for additional instruction.

Next Level – Jim Silvestri, PT, will discuss and instruct campers on softball specific weight lifting, conditioning, and workouts.

Speedology – Campers will train with Karl Frank who has created the most dynamic speed development system that focuses on mechanical efficiency (Biomechanics), 1st step quickness, rapid acceleration, and speedbands.

20 Yard Sprint – Campers will be timed in a sprint to provide them with a home to first time (60 feet). The results will be posted on the camp website via their camper #, and provided to the coaches in their final camper information listing.

SUNDAY

On Sunday, campers will hear from a panel of coaches and sports experts on an array of topics that will cover softball and the college process. Parents are encouraged to sit in on this session. The rest of the day will focus on some unique exposure opportunities for the campers. This activity is structured with input from the coach staff, as a way that is more productive to all involved in being able to see the talents of the campers. Rather than sitting around all day, waiting to play one or two exposure games, these events will provide campers with numerous opportunities to show their stuff, while also still receiving valuable instructions from the camp staff.

Fielding & Base Running Expo

This will be conducted at the Coquille triplex. Players will be both fielding and running bases in a 90 minute fast paced session, conducted and observed by the coaches.

Cage Challenge

This will be held at the Sandlot. Pitchers and catchers will challenge the hitters in live action in all 8 of the tunnels at the Sandlot. Hitters, pitchers & catchers will rotate, providing the coaches a concentrated view of all campers in an action packed two hour session.

Camper Behavior

It goes without saying each camper is expected to exhibit appropriate behavior during the camp. This includes being respectful to all coaches, listening and responding to directions, staying on schedule and in your group, keeping safety in mind, being friendly to other campers, and most of all, HUSTLING. We are on a very tight camp schedule.

Parents

Parents are welcome to observe most all camp activity, but not required to stay (plenty of shopping opportunities just minutes away). At Coquille, there is a covered bleacher area that includes an area for lawn chairs. Parents are not allowed past the dugout gate area. At the Sandlot on Saturday, parents will not be allowed on the ground floor. There is an observation area upstairs where you can see the whole facility. On Sunday, parents will not be allowed in the Sandlot during the Cage Challenge. Parents, we are sorry for this, but with the campers and all the college coaches, we just can't fit everyone in there.

The purpose of this camp is to provide the campers personal instruction time with the college coaching staff. While a parent might not think there is any harm in talking to a college coach for two minutes during or in-between sessions, please understand that if all 250 parents did the same thing, there would be no instructional time left for the campers. Please refrain from contacting the college coaches, or coaching your daughter from the stands. This is time for each girl to let her personality, skills, and ability shine for the coaches. If a coach comes out to the spectator area to ask for a parent, then of course that is OK, but please respect the coaches time.

Direction to the Coquille Complex

13505 Highway 1085, Covington, LA 70433

Covington is located in-between Hammond and Slidell along I-12. Take the I-12 exit #57 (Goodbee), and head north for half a mile to the red-light. Take a right, and Coquille is just there on the left. The softball triplex is in the back on the left. The gym is located on the right as you enter on Sunday. No pets are allowed inside the field area at Coquille, and smoking is only allowed in areas that are marked with a sign.

Directions to Sandlot & Arena

610 Deer Cross Court East, Madisonville, LA 70447

When you pull out of the Coquille facility, turn right onto the highway, go through the red-light and continue on for .7 mile. Take a left onto Deer Cross Court. Go down to the end of that street, and Sandlot is just to the left, the St. Tammany Indoor Arena is next door to it.

LSCA Winter Meeting & Coach Clinic

This year, the camp is thrilled to have the Louisiana Softball Coaches Association hold their winter clinic at the CSC. They will be meeting Saturday at the Coquille gym, with registration starting at 11:00am, and finishing up by 5:00pm. Featured on their agenda are three of the camp coaches: Howard Dobson-USM, Natalie Poole-McNeese, and Andy Lee-LSU Eunice. This clinic is provided free to those LSCA members. For those of you that are travel coaches and would like to attend this clinic, you are welcome to join the LSCA for their \$20 Associate Member Level. Not only can you attend the clinic and lunch that is provided, but you can help support this fine organization of softball coaches. You can find more details about the clinic agenda on the camp website.

Player Profile

On Saturday, campers who want to bring a player profile can do so. Each coach will have a folder with their name on it. You can place a profile in whichever folder you wish. The folders will be given to the coaches Saturday afternoon.

Saints Alert

Now for the most important information – a TV will be on hand outside at the Sandlot on Sunday with the Saints game!

We hope the combined effort of everyone involved with this camp provides each girl with an informative and productive weekend. When you return home, please feel free to pass along any comments or suggestions that might help us better plan and stage this event next year. If there is anything that we can help with to make your weekend more enjoyable, don't hesitate to contact us.

On behalf of the entire college coach camp staff, we sincerely thank you for choosing to be part of this camp and wish you a safe and Happy New Year.

Jim Hewitt
(985) 778-3153
jimhewitt@charter.net

Doug Ellis
(985) 892-4151
dcellis4254@yahoo.com

College Softball Camp Schedule for Saturday, January 2

12.29.09

Coquille	Register	F4	F5	F6	BF3	Sandlot	OFF	3S Bands	Tee's	Cage	NL	Speedology	Sprint
9:30am	G3&G4							SL	SL	SL	SL	Arena	Arena
10:00am		G3&G4 WU											
10:15am	G1&G2												
10:45am		G3&G4	Move	TO SL									
10:45am		G1&G2 WU				11:00am	4.3	4.2	4.1		3.3	3.2	3.1
11:30pm		G1-CI	G1-MI	G2-C/P	G2-OF	11:30am	3.1	4.3	4.2	4.1		3.3	3.2
						12:00pm	3.2	3.1	4.3	4.2	4.1		3.3
12:45pm		G2-CI	G2-MI	G1-C/P	G1-OF	12:30pm	3.3	3.2	3.1	4.3	4.2	4.1	
						1:00pm		3.3	3.2	3.1	4.3	4.2	4.1
						1:30pm	4.1		3.3	3.2	3.1	4.3	4.2
2:00pm	G1&G2	LUNCH				2:00pm	4.2	4.1		3.3	3.2	3.1	4.3
2:30pm	G1&G2	Move to SL				2:30pm		G3 & G4	Move	To	Coquille		
2:30pm	G3&G4	LUNCH				2:30pm							
3:00pm		G3-CI	G3-MI	G4-C/P	G4-OF	3:00pm	2.3	2.2	2.3		1.3	1.2	1.1
						3:30pm	1.1	2.3	2.2	2.1		1.3	1.2
4:30pm		G4-CI	G4-MI	G3-C/P	G3-OF	4:00pm	1.2	1.1	2.3	2.2	2.1		1.3
						4:30pm	1.3	1.2	1.1	2.3	2.2	2.1	
						5:00pm		1.3	1.2	1.1	2.3	2.2	2.1
5:45pm						5:30pm	2.1		1.3	1.2	1.1	2.3	2.2
						6:00pm	2.2	2.1		1.3	1.2	1.1	2.3

Groups: G1 freshmen and below (100#'s), G2 sophomore (200#'s), G3 junior (300#'s), G4 senior (400#'s). Each camper will have a # to wear.

At Sandlot (SL) & Arena: each Group is divided into three sub groups, i.e. G1.1, G1.2, G1.3. It is important to stay in your assigned group.

At Coquille: stations are: WU = warm-ups, CI = Corner Infield (3B & 1B), MI = Middle Infield (2B & SS), OF = Outfield, C = Catcher, P = Pitcher
Bus transportation is provided if needed for campers to and from the Sandlot & Arena facilities which is half a mile down the highway from Coquille.

College Coach Station Assignments for Saturday:

Warm-up: Karen Smith-Gadberry-SLU, Arica Rodriguez-SLU

Hitting at Sandlot: James DeFeo-LSU, Michael Lotief-ULL, Howard Dobson-USM, Amber Miles-LA Tech, Jimmy Kolaitis-USA, Craig Snider-Stephen F. Austin, Andria Waguespack-Louisiana College, Joe Gauthrie-Marion Military, Allen Kent-Co-Lin, Tayl'r Hollis-Mississippi College

Corner Infield: Tim Whitman-Louisiana College, Nancy Marshall-Southern, Casey Charles-Delta State, Rick Fremin-Belhaven, Kenneth Long-Gulf Coast, Leah Peterson-Nicholls

Middle Infield: Roland Rodriguez-Millsaps, Brooke O'Hair-Mississippi College, Sara Vogt-UL Monroe, Craig Fletcher-William Carey, Chris Robinson-Jones, Robert Eakins -Meridian CC

Outfield: Chris Watford-Nicholls, Chris Malveaux-ULL, Andy Lee-LSUE, Dave Martinez-Delta State, Brad Kerr-LA Tech, Stacie Pestrak-Northwestern State, Lee Smith-Miss Valley, Mark Mattox-Southern, Bob Herrington-Jones

Pitchers: Sarah Dawson-LA Tech, Pete Langlois-SLU, Melissa Inouye-USM, Leah Stanford-Millsaps, Danielle Price-Louisiana College, Chelsey Barclay-UL Monroe,

Catchers: Natalie Poole-McNeese, Karen Smith-SLU, Gessica Hufnagle-USM

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2010 College Softball Camp
Sunday Schedule – January 3
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Group 3&4 (Juniors & Seniors)

8:00am Report to Gym at Coquille
8:10am Goal Setting & Motivation – Anthony Griggs: Crons Sports
8:30am Speed, Strength & Sports Nutrition – Karl Frank: Speedology
8:45am College Options & Divisions – Coach Andy Lee: LSU Eunice
9:00am College Coach Expectations – Rick Fremin: Belhaven University
9:15am Academic Preparation for Student/Athlete – Doug Ellis: Sports Advisor
9:45am Report to Field #6 – warm-up
10:00am Fielding & Base Running Expo – Field #4 & #5
11:45am Move to Sandlot
12:00pm Cage Challenge at Sandlot
1:30pm End of Day

Group 2&3 (Freshmen & Sophomores)

8:00am Report to Field #4 & #5 for warm-ups
8:15am Fielding & Base Running Expo
9:50am Report to Gym at Coquille
10:10am Goal Setting & Motivation – Anthony Griggs: Crones Sports
10:30am Speed, Strength & Sports Nutrition – Karl Frank: Speedology
10:45am College Options & Divisions – Coach Andy Lee: LSU Eunice
11:00am College Coach Expectations – Rick Fremin: Belhaven University
11:15am Academic Preparation for Student/Athlete – Doug Ellis: Sports Advisor
12:00pm Lunch Break
1:20pm Report to Sandlot
1:30pm Cage Challenge at Sandlot
3:00pm End of Day