



# 2019 Play Ball! Minnesota Softball Coaching Conference

In partnership with Minnesota Fastpitch Coaches Association



## To Access Target Field

Enter through Gate 29 or enter through Skyway between Ramp A and Target Field.

You may find on street parking or there are three ramps available. Ramp A will be the most convenient.

Gate 29 and Skyway are the only entrances that will be available on the day.





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<b>Time</b>	<b>Topic</b>	<b>Location</b>
7:45 AM – 8:40 AM	Registration, Breakfast, and Vendor Visits	
8:40 AM – 8:55 AM	Opening Remarks	Carew Atrium
9:00 AM – 9:50 AM	Breakout Session #1 Pitching Basics for the Beginner – Bailey Bouman Outfield Basics – Michelle Moultrie/Kasey Cooper Hitting 101 – John Tschida Baserunning Basics – George Wares/Alicia O’Brien	Carew Atrium 573 Club Puckett Atrium Bat & Barrel
9:50 AM – 10:00 AM	Break for Vendor Visits	
10:00 AM – 10:50 AM	Breakout Session #2 Advanced Pitching (Rise/Drop/Change) – Bouman Youth Strength & Conditioning – Matt Schultz Incorporate Catching Basics in Practice – Wares/O’Brien Defensive Situations & Drills – Moultrie/Cooper	Carew Atrium 573 Club Puckett Atrium Bat & Barrel
10:50 AM – 11:15 AM	Break for Vendor Visits	
11:15 AM – 12:05 PM	Breakout Session #3 Pitching Workouts – Bouman Advice for College-Bound Athletes – Moultrie/Cooper Common Hitting Myths & Misconceptions – Tschida Strategies to Score On Dominate Pitchers – Wares	Carew Atrium 573 Club Puckett Atrium Bat & Barrel
12:05 PM – 1:00 PM	Lunch, MFCA Meeting, and Vendor Visits	
1:00 PM – 1:50 PM	General Session Maximize Indoor Practice – Wares/O’Brien	Carew Atrium
2:00 PM – 2:50 PM	General Session Mental training Basics – Dr. Cindra Kamphoff	Carew Atrium

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## *2019 Conference Presenters*

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### **John Tschida – University Of St. Thomas**

John Tschida is among the elite coaches in college softball. In 2019, he will coach his 19th season at the University of St. Thomas. He is one of only 30 active NCAA coaches to reach 900 victories. His teams have won three national championships, and in 2004 he became the first softball coach to win NCAA championships at two different schools. He is enshrined in the National Fastpitch Coaches Association Hall of Fame and has twice been named the National Coach of the Year.



### **Bailey Bouman – Southwest Minnesota State University**

Bailey Bouman is entering her first year as head coach at Southwest Minnesota State University. Prior to becoming the head coach at SMSU, she served as head coach for two seasons of the Pipestone 18U softball team and was also an active member of the Sioux Falls Fastpitch Softball Association. She played at the University of Sioux Falls and was an All-Northern Sun Intercollegiate Conference (NSIC) player.



### **George Wares – Central College**

George Wares is the winningest softball coach in NCAA Division III history, and has guided Central College to a record 29 NCAA Division III tournament berths. Wares' teams have won four national championships at Central. He is enshrined in the National Fastpitch Coaches Hall of Fame, and also serves in various roles with the NFCA, including as a member of the Board of Directors. He was the only non-Division I coach to serve as a featured speaker at the 2018 NFCA Coaches Clinic.



### **Alicia O'Brien – Central College**

After 18 seasons as head coach at Western Connecticut State University, Alicia O'Brien joined the Central College softball staff as associate head coach in 2006. At Western Connecticut State O'Brien posted a 423-213-3 (.664) record, guiding the Colonials to eight NCAA Division III tournament berths, including one trip to the finals. She has helped Central College O'Brien has helped Central compile a 372-138 (.729) mark and eight NCAA Division III tournament berths.



### **Dr. Cindra Kamphoff – Minnesota State Mankato**

Dr. Cindra Kamphoff is recognized nationally for her work and contributions to the field of performance psychology. As a leader, high performance coach, author, professor, and speaker, Dr. Kamphoff brings passion, energy, and authenticity to her work with athletes, performers, and business people. She believes we perform each day, and the strategies and skills used to enhance performance in sport are similar strategies and skills used to enhance life.



### **Michelle Moultrie – USA Softball**

Michelle Moultrie is a member of Team USA. As a member of Team USA she has competed in the WBSC Women's World Championships three times, winning gold once. She has also competed in the Pan American Games three times, winning gold twice, and is a four-time gold medalists in the World Cup of Softball. At the University of Florida, she was a two-time All-America selection and four-time All-SEC. She was the Co-Most Outstanding Player of the 2011 College World Series.

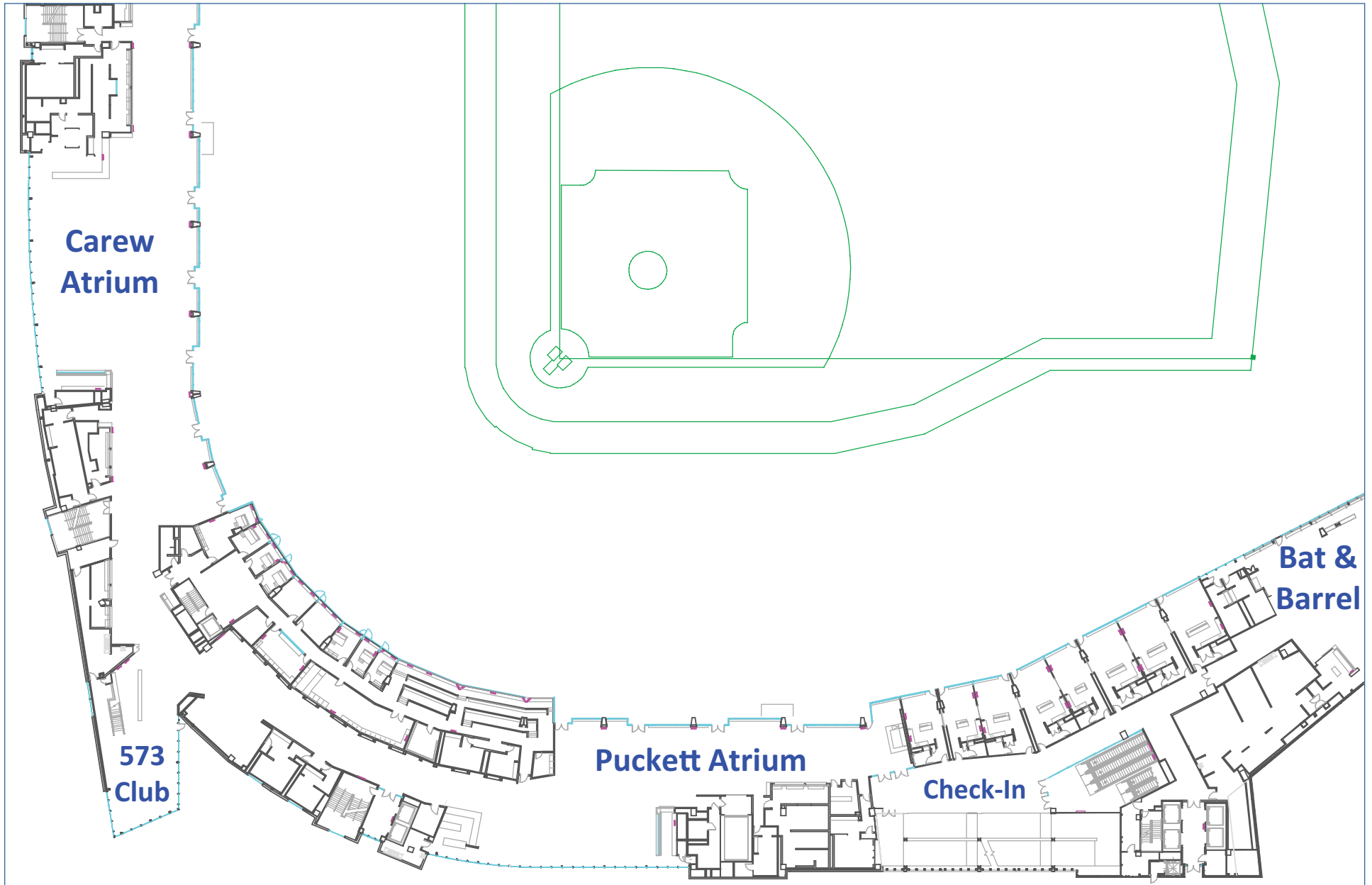


### **Kasey Cooper – USA Softball**

Kasey Cooper is a member of Team USA. As a member of Team USA she won the gold medal at the WBSC Women's World Championship. She has also played twice in the World Cup of Softball, winning silver medals, and twice in the Japan Cup, winning silver medals. At Auburn University she was a three-time All-America selection and four-time All-SEC selection. Cooper was named the ESPNW Player of the Year in 2017.



# PLAY BALL! MINNESOTA COACHING CONFERENCE LAYOUT



Carew  
Atrium

573  
Club

Puckett Atrium

Check-In

Bat &  
Barrel