

# 2024 SOFTBALL TRAINING SCHEDULE

1-24-2024

1. January 22: Dave Baker and Jeremy Niedzwiecki – Location – Salem HS Schola
  - a. Kick off meeting/social:
  - b. Go over Arbiter/payment of dues
  - c. Whistle registration
  - d. Important dates presented (test and clinic deadlines, scrimmages, first game and playoffs)
  - e. Uniforms and equipment needed (provide websites to purchase)
2. January 29: Robert Toran and Sam Serman – Location Kellam HS
  - a. Cover new rules
  - b. Cover comments of new rules
  - c. Cover Point of Emphasis
  - d. Sportsmanship
  - e. Time Between Innings
  - f. Jewelry and Electronic Communication
3. February 05: Laura Kaiser & Paul De Renzo– Location Green Run HS
  - a. Two-man mechanics
  - b. Positioning (A,B,C slot) movement
  - c. Safe and out signals
  - d. Plate mechanics
4. February 10: Travel teams – Location and Time TBD
  - a. Two man mechanics on field demo:
  - b. If possible with an intersquad scrimmage
5. February 12: Jeremy Niedzwiecki and Robert Toran – Location Landstown HS
  - a. Intro to Eval System
  - b. Infield fly
  - c. Maintaining a Lineup Card
  - d. Plate Conference
6. February 26: Rich Vargas – Location TBD
  - a. Pitching rules
  - b. Demonstrate legal and illegal pitches with a pitcher
7. March 03: EOA Members – Location LETA Virginia Beach
  - a. EOA Business meeting:
8. March 04: Ricki Kyle and Laura Kaiser – Location TBD
  - a. Interference and Obstruction
  - b. Malicious contact
9. March 11: Sam Serman, Sheldon Parson, and Jeremy Niedzwiecki – Location TBD
  - a. Review common themes from evaluations.
  - b. DP/Flex Rule
  - c. Questions about topics already covered and videos of typical plays seen on the field
10. April 21: 3 Man Clinic at 3 and 5pm - Jeff Sampson & Jeremy Niedzwiecki
  - a. Three man mechanics
    - i. Going out vs staying in and Communication
11. April 22:
  - a. Mid season meeting: Dave Baker, Cara Headrick, and Jeremy Niedzwiecki
12. June 12
  - a. State games
13. July 14: End of Season Softball Committee Meeting