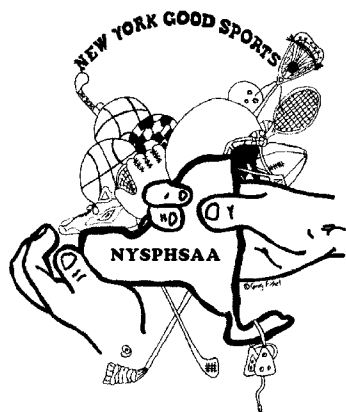


NEW YORK STATE
PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

COACHING CLINICS

- Bringing Professional Development to the Membership
- Promoting the Highest Quality of Coaching for NYS Schools
- Improving the Teaching of Fundamental Skills
- Promoting Safety for Student-Athletes
- Promoting Health & Nutrition for Student-Athletes
- Promoting Sportsmanship



Welcoming **ALL COACHES** of Softball
Schools + Clubs + Associations

SCHEDULE

Softball Coaches Clinic
January 29, 2010
Field of Dreams - Utica, NY

7:30-8:15	Registration
8:15-8:30	Welcome: Cathy Allen, State Coordinator
8:30-9:15	Hey Ump! What's the Call?Aileen Durrant
9:20-10:05	The Short Game - Manufacturing Runs Jim Seeley Power Techniques for the Softball Athlete Ken Hetzel
10:10-10:55	Hitting Progressions Tracey Roman Pitching Basics Robin Penoyer
11:00- 11:45	Training techniques to avoid leg and knee injuries Ken Hetzel Pitching at the Next Level Robin Penoyer
11:45- 12:00	Questions and AnswersCathy Allen, Todd Nelson
12:00-12:45	Lunch
12:50-1:35	Indoor Drills for all Levels and Areas..... James Seeley
1:45- 2:30	Slapping, Dragging & Bunting for a Base Hit Tracey Roman

SHARE YOUR FAVORITE DRILL
Bring your favorite drill on paper
to be shared (150 copies).
You must bring one to take a copy of all!
Limited Seating - Please Bring Your Own Folding Chair

New York State Public High School
Athletic Association, Inc.

**SOFTBALL
COACHES CLINIC**



January 29, 2010
Field of Dreams
Utica, NY

**(Guaranteed to be warmer inside
than last year!)**

◆ SPEAKERS ◆

Tracey Roman has dedicated her professional career to improving young softball players to play at the next level. Tracey founded her business CNY Fast Pitch Inc. to further develop the game of fast pitch softball. Roman has been successful at every level she has competed in the sport of softball. She was a two-time All State softball selection from Cicero-North Syracuse. At the University of Massachusetts, Roman was a member of four Atlantic 10 Championships and two Women's College World Series. She still holds the school record for stolen bases in a game, season, and career (103). She was named a two-time First Team Northeast All-American and NCAA All-Regional team member. She has coached at the collegiate level at Iowa State University and her Alma Mater.

Robin Penoyer is entering her seventh season as the head women's softball coach. Coach Penoyer has been successful in the sport of softball both as a player and a coach. As a member of the University of Minnesota softball team, which earned the Big Ten Championship in 1991, she was an outstanding four year pitcher. Following her graduation from the University of Minnesota she was hired to coach at her alma mater. In 1996 she returned to central New York to join the softball coaching staff at Colgate University working with the pitchers. She then moved on to become the Head Softball Coach at Hamilton College. Following her stint at Hamilton College, she continued her coaching career at the High School Level. During her coaching career she led her teams to league titles and appearances in post season play. In 1996 she was inducted into the University of Minnesota Softball Hall of Fame.

James Seeley enters his first year as head coach of the softball team at The College of Saint Rose after being hired in August as the sixth head softball coach in the history of the Golden Knights program, which dates back to 1979. Seeley's coaching career has spanned 25 years and culminated with a New York State Championship in 2007 at Hoosic Valley Central School. At season's end, he garnered New York State Softball Coach of the Year honors from the New York State Sportswriters Association. Seeley, who has accumulated 385 career coaching victories, also had head coaching stints at Glens Falls City School and Bolton Central School to help account for 10 league titles, seven sectional crowns and five appearances in the state tournament. Seeley recently retired after serving as Superintendent at Glens Falls and Hoosic Valley for the past 18 years. He received his Doctorate in educational administration from Columbia University in 1990 and completed his bachelor's and master's degrees at SUNY Plattsburgh. Seeley, who resides in South Glens Falls, currently does work for the Cornell University Cooperative Extension of Warren County.

Aileen Durrant is the former President of the New York State Softball Officials Association. Aileen has been an official for over 30 years. Aileen was one of the founding members of the NYSSO umpire school. She helped pen the first NYSSO exam in the early 1980's. Mrs. Durrant has served two terms as a local assignor of softball officials. Aileen has also served as the NYSPHSAA Softball Chairperson. She continues to teach Physical Education at Stillwater Central School, a position she has held for over 30 years.

Ken Hetzel is a trainer with the Major League Strength Company located in Melville, NY. Mr. Hetzel is a certified strength and conditioning specialist with the National Strength and Conditioning Association. Ken is a graduate of Westfield State College in Westfield, Massachusetts. Mr. Hetzel has had a variety of experiences working with many clients on strength and conditioning in many different settings. In 2006 Ken signed on to work for the New York Mets, specifically with the minor league champions St. Lucie Mets.

DIRECTIONS TO FIELD OF DREAMS 2413 St. Rt. 5, Utica, NY 13502

Exit 30 (Herkimer) NYS Thruway to Route 5.
Route 5 west to Field of Dreams. Located on
the right hand side.

or
Exit 31 (Utica) NYS Thruway To Route 5.
Route 5 east to Field of Dreams. Located on
the left hand side.

****look for the balloons****

HOTEL Radisson 200 Genesee St., Utica NY 13502

Exit 31 (Utica) NYS Thruway. Keep left off of
exit toward Genesee St. S/NY5S/Downtown
Utica. Keep right toward N Genesee St., turn
right onto N. Genesee St. and turn right onto
Columbia St. Radisson located on the left.

HOTEL RESERVATIONS

For those wishing to arrive Thursday, January 28,
rooms are available at the Radisson for \$79.00.
Call 315-797-8010 for reservations by January
21. Request the NYSPHSAA Softball Clinic
room rate.

COACHES CRACKER BARREL SESSION

8:00pm - ?
Radisson Lounge
Thursday, January 28
Questions & Answers



REGISTRATION FORM

NYSPHSAA
SOFTBALL COACHES CLINIC
FRIDAY, JANUARY 29, 2010

FIELD OF DREAMS
UTICA, NY

NAME _____

ADDRESS _____

CITY _____

STATE/ZIP _____

PHONE # _____

EMAIL _____

SCHOOL/AFFILIATION _____

*Minimum of 50 required to register by 1/15 to conduct
workshop. You will be contacted via email or phone if
workshop is cancelled.*

Seminar entry fee is \$75 and must be paid as follows:

1. Day of Workshop: credit card, cash, purchase order, check
2. Mail in Pre-registration (by 1/15): purchase order or check

**PURCHASE ORDER REQUIRED TO INVOICE SCHOOL*

Make checks payable to:

NYSPHSAA SOFTBALL CLINIC

Submit this entry form and fee to:

Todd Nelson, Assistant Director
NYS Public High School Athletic Association
8 Airport Park Blvd.
Latham, NY 12110

Phone: 518-690-0771

Fax: 518-690-0775