



NATIONAL FASTPITCH COACHES ASSOCIATION COACHES CLINICS

CHARLOTTE

Friday

11:30am-1:00pm	Clinic Registration & Visit the Exhibits
1:00-1:45pm	Coach Mike White (Texas) "Building a Culture of Success"
1:50-2:35pm	Coach Lizzy Ristano (Notre Dame) "Hitting Fixes for Common Flaws"
2:35-3:00pm	BREAK (Visit the Exhibits)
3:00-3:45pm	Coach Brandon Elliott (Virginia Wesleyan) "Outfield Play: You can't win without them"
3:50-4:35pm	Coach Lonni Alameda (Florida State) "Planning Dynamic Practices"
4:40-5:25pm	Coach Tyra Perry (Illinois) "Infield Drills for Every Level"
5:30-7:00pm	DINNER BREAK (Visit the Exhibits)
7:00-7:45pm	Coach Mike White (Texas) "Pitching 101: Injury prevention through proper mechanics"
7:50-8:35pm	Coach Brandon Elliott (Virginia Wesleyan) "Aggressive Baserunning to Increase Run Production"
8:40-9:00pm	Coaches Panel (Q&A with all speakers)
9:00-10:30pm	Coaches Social Hour

NATIONAL FASTPITCH COACHES ASSOCIATION

2641 Grinstead Drive • Louisville, KY 40206 • 502-409-4600 • 502-409-4622 fax • NFCA.org • NFCAevents.org
@NFCAorg



NATIONAL FASTPITCH COACHES ASSOCIATION COACHES CLINICS

Saturday

- 8:00-8:45am Coach Tyra Perry (Illinois)
"Developing a Quality At-Bat Mentality"
- 8:50-9:35am Coach Lonni Alameda (Florida State)
"CommUNITY involvement FUNdraising"
- 9:40-10:25am Coach Lizzy Ristano (Notre Dame)
"My Favorite Short-Game Drills"
- 10:25-10:55am **BREAK (Visit the Exhibits)**
- 10:55-11:40am Coach Mike White (Texas)
"A Pitcher's Ultimate Challenge: How to win without your best stuff"
- 11:45am-12:30pm Coach Tyra Perry (Illinois)
"Building a Cohesive Team through Player Development"
- 12:30-1:45pm **LUNCH BREAK (Visit the Exhibits)**
- 1:45-2:30pm Coach Lizzy Ristano (Notre Dame)
"Creating Healthy Competition in Practice"
- 2:35-3:20pm Coach Lonni Alameda (Florida State)
"Pitch Calling Tips & Tricks"
- 3:25-4:10pm Coach Brandon Elliott (Virginia Wesleyan)
"Love, Trust, Understanding: The keys to motivating players and winning championships"
- 4:10pm **Drawings/Giveaways for all equipment on stage**
Bownet Bodyguard Net (\$261.99); ProMag Lite tee (\$89.99);
Bownet Big Mouth X Net (\$167.99); Bownet Fungo Bat (\$99.99);
One dozen softballs with NFCA logo (\$74.99)

NATIONAL FASTPITCH COACHES ASSOCIATION

2641 Grinstead Drive • Louisville, KY 40206 • 502-409-4600 • 502-409-4622 fax • NFCA.org • NFCAevents.org
@NFCAorg