



SOFTBALL LUNCH & LEARN JANUARY 18, 2018

8:30 am – 9:00 am	REGISTRATION
9:00 am – 9:45 am	SESSION #1 – The Importance of Timing in the Elite Level Swing - Coach Becky Clark & staff, University of South Alabama
9:45 am – 10:00 am	BREAK
10:00 am – 10:45 am	SESSION #2 – “Pitching: Timing, Feel & Fundamentals” - Coach Becky Clark & staff, University of South Alabama
10:45 am – 11:00 am	BREAK
11:00 am – 11:30 am	AHSAA UPDATES – QUESTIONS & ANSWERS - AHSAA staff
11:30 am – 12:15 pm	LUNCH (to be provided)
12:15 pm – 1:00 pm	SESSION #3 – “Advanced Base Running” - Coach Becky Clark & staff, University of South Alabama
1:00 pm – 1:15 pm	BREAK
1:15 pm – 2:00 pm	SESSION #4 – question/answer from coaches - Coach Becky Clark & staff, University of South Alabama
2:00 pm – 2:15 pm	CLOSING & DOOR PRIZES

*Certificate of Attendance will be given at the conclusion of the clinic.
Location: 7325 Halcyon Summit Dr., Montgomery, AL 36117*