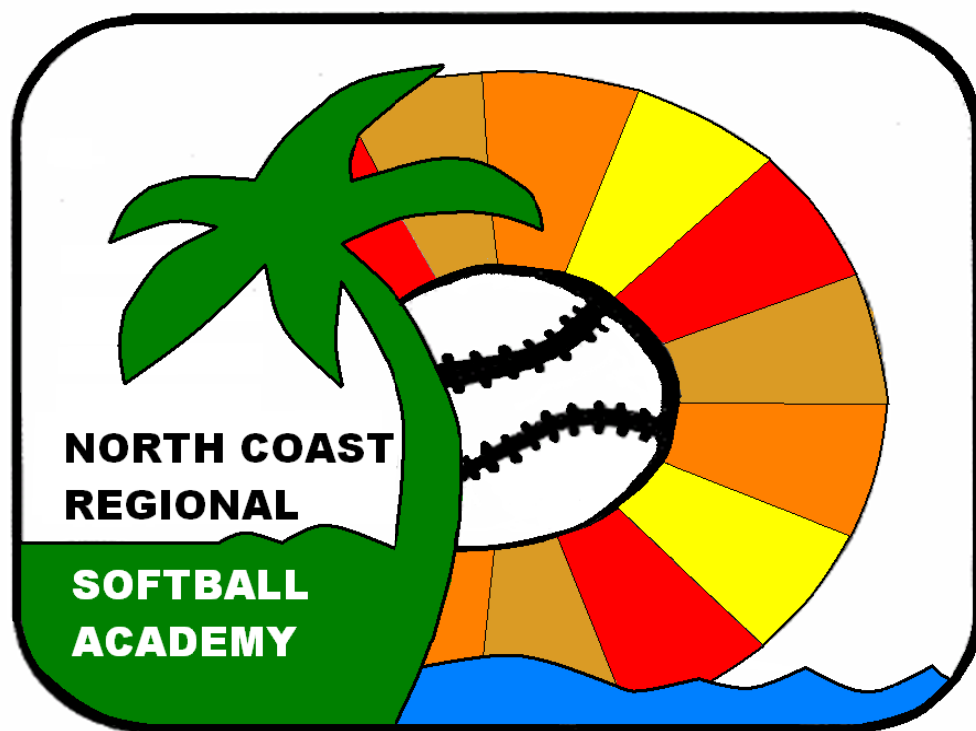


NORTH COAST REGIONAL SOFTBALL ACADEMY



Fitter - Faster - Stronger - Smarter

INAUGURAL SOFTBALL CAMP - June 2008

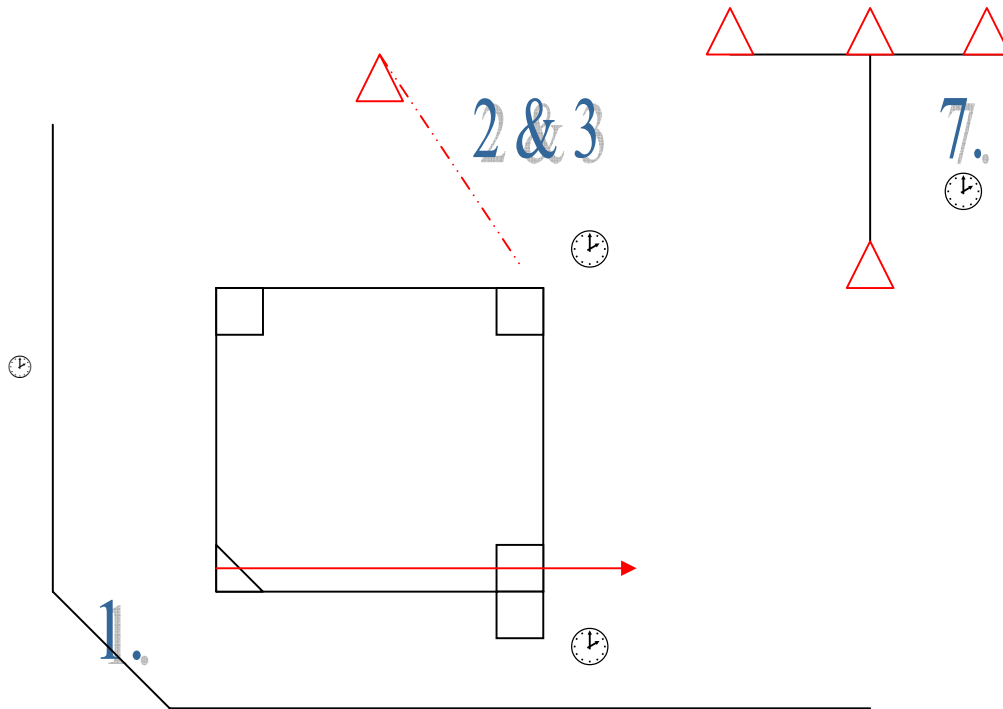
CAMP OUT-LINE AND RUNNING SHEET

Date	Activity	Notes
Friday 27 th June 6:00 pm	<p>Athletes and Coaches are to arrive at Camp by 6pm. (All attendees are requested to have had dinner prior to arrival as only a light supper will be served before retiring.)</p> <p>Upon arrival they will register and then be assigned their accommodation.</p> <p>They will then square their gear away and socialize with other Academy nominees.</p>	<p>Athletes will be split into 4 pre-determined teams:</p> <ul style="list-style-type: none"> • Fitter • Faster • Stronger • Smarter <p>Athletes will be accommodated so that each team is housed close together.</p> <p>Teams will be selected so that they will consist of both boys and girls, and will be structured so that each of the four teams has sufficient depth to be able to cover all positions in order to play games.</p>
7:00 pm	<p>Athletes and Coaches are required to meet in the dinning room/ meeting hall for a greeting and outline as to the purpose of the Camp.</p> <p>Officials are introduced, and the roles and Rules of the Camp are explained.</p> <p>Athletes and Coaches are then asked to introduce themselves and give detail as to what it is they want to achieve during the Camp.</p> <p>Stephen to discuss the importance of Goal Setting and Time Management.</p>	<p>Supper can be served at around 8:30 pm and Athletes are then directed to retire for the evening.</p> <p>Lights out 10:00 pm.</p>
9:00 pm	<p>Athletes to bed.</p> <p>Coaches are to meet to discuss the program for the next day.</p> <p>Discussion as to what each Coach needs to do in order to ensure maximum benefit for both Athlete and Official.</p> <p>Q&A session.</p>	<p>Coaches and Officials will be assigned tasks for the next day as the morning session is all about testing and can be quite boring and time consuming if not done efficiently.</p>

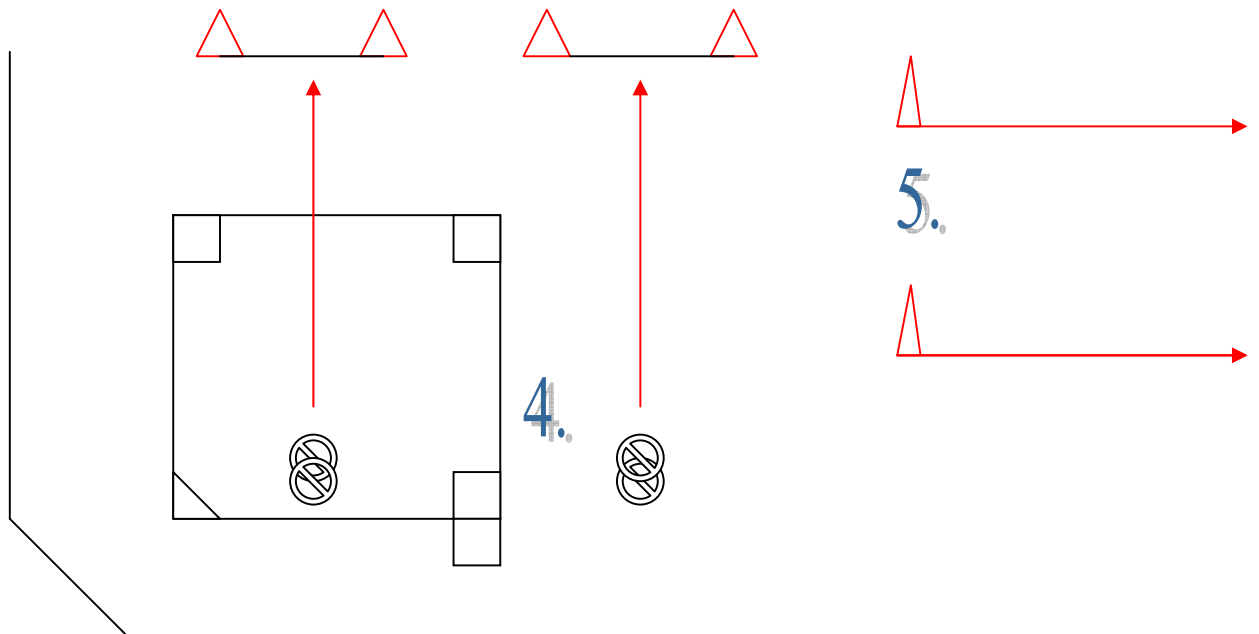
<p>Saturday 28th June 2008 6:00 am</p>	<p>Teams are woken and asked to prepare for the day. 6:20 am Teams will assemble in the open area for a series of warm up and stretching exercises.</p>	<p>Activities involve a series of activities designed to raise body temperature, increase range of movement and athlete interaction.</p>
<p>7:00 am</p>	<p>Athletes are to wash and present for breakfast.</p>	
<p>8:00 am</p>	<p>Teams are to assemble in the Open area with all of their kit and gear in readiness for a day of softball training.</p>	<p>Coaches should begin checking gear to ensure state, standard and appropriateness for each athlete. Sunscreen should be applied and water bottles filled. Each athlete must have a hat and warm-up jacket.</p>
<p>8:15 am</p>	<p>The grounds are not available until after lunch and therefore we will make use of the space available to carry out the testing required to satisfy QSA's requirement of testing at Academy Camp.</p>	
<p>8:45 am</p>	<p>Athletes will undertake a series of warm up activities in preparation for testing. These <u>MUST</u> include:</p> <ul style="list-style-type: none"> • 3 -5 minutes of continuous running and activity eg jog-skips, backwards run, side-steps, 5-10 minutes of dynamic and static stretching/ flexibility, eg lunges, squats, ice-skates, windmills forwards and backwards (arms), leg swings (side to side and front to back) • Run throughs over base distance <ul style="list-style-type: none"> ○ 1 x 60% (jog return) ○ 2 x 70% (jog return) ○ 1 x 80% (jog return) ○ 2 x 100% (walk back) • Individual arm stretch as required • Throwing warm-up Short underarm throws – Overarm throws increase distance – Max 20 m. <p>Pitching warm-up as part of the throwing warm-up.</p>	<p>Some Coaches will undertake this warm-up whilst others will be setting up the various testing stations, as detailed below.</p>

Set-up for testing at Camp. (CARE to ensure area for testing is safe for all)

Tests 1, 2, 3 & 7.



Tests 4 & 5. (2 Stations for each test.)



Test 6. Shuttle Run.

(Hitting station #5 may have to be deferred until later in the Camp, depending upon space available)

TESTS

1. Running Speed	2. Arm Strength	3. THROWING ACCURACY
<p>PURPOSE: To evaluate the speed of the runner over the base distance of 18.29 m (60ft)</p>	<p>PURPOSE: To evaluate throwing arm velocity of the Athlete.</p>	<p>PURPOSE: To evaluate throwing accuracy of the Athlete.</p>
<p>Equipment</p> <ul style="list-style-type: none"> • Measuring Tape • 2 Stopwatches • Recording Sheet and Pen 	<p>Equipment</p> <ul style="list-style-type: none"> • Radar Gun • Bases for a diamond • Bags of softballs • Cone/Markers 	<p>Equipment</p> <ul style="list-style-type: none"> • Bases for a diamond • Bags of softballs • Cone/Markers
<p>Procedure</p> <ul style="list-style-type: none"> • Explain the procedure • The Athlete should run as fast as possible through first base as there is a tendency to slow down before the base • On your signal the athlete sprints towards first base. • Start the stopwatch on your signal and stop the stopwatch when their foot hits first base. • Record time on the recording sheet • Repeat test 3 times. 	<p>Procedure</p> <ul style="list-style-type: none"> • Throw occurs from short stop position to 1st base. • Athletes should already have performed a warm up and throw. • Athletes are to throw a ball at an athlete playing first base. • Athletes may take 2-3 steps but must throw from behind the cone. • Recorder and Radar Gun operator are to stand to the right of first base to record the speed of the throw. • Each Athlete should have 5 throws • Record the speed of each throw on the recording sheet. 	<p>Procedure</p> <ul style="list-style-type: none"> • Throw occurs from short stop position to 1st base. • Athletes should already have performed a warm up and throw. • Athletes are to throw a ball at an athlete playing first base. • Athletes may take 2-3 steps but must throw from behind the cone. • Recorder is to stand to the right of first base to record the speed of the throw. • Each Athlete should have 5 throws • First base must be competent at receiving a thrown ball. • Scoring: -Throw to 1st baseman is fielded with reasonable effort = 1 Throw to 1st baseman pulls first-base from the base to catch the ball = 0

4. GROUND BALL FIELDING TEST	5. HITTING DISTANCE.	6. SHUTTLE RUN
<p>PURPOSE: To evaluate lateral ability of the athlete</p>	<p>PURPOSE: To evaluate the distance an athlete can hit a ball.</p>	<p>PURPOSE: To evaluate the endurance level of the athlete.</p>
<p>Equipment</p> <ul style="list-style-type: none"> • Measuring Tape • Cones to mark fielding distance • Bags of softballs • Pitching machine for ball consistency 	<p>Equipment</p> <ul style="list-style-type: none"> • Batting Tee • Tape Measure • 5 hard softballs 	<p>Equipment</p> <ul style="list-style-type: none"> • Tape Recorder • Shuttle Run CD • Tape Measure
<p>Procedure</p> <ul style="list-style-type: none"> • Refer to set up sheet. • Athlete stands at centre and fields 5 ground balls directly at them. • Athlete stands at the centre and fields 5 ground balls rolled to the right of them. • Athlete stands at the centre and fields 5 ground balls rolled to the left of them • A score is recorded only when the athlete fields the ball cleanly. • Speed of the machine for this test <ul style="list-style-type: none"> ○ Males 70 kph. ○ Females 60kph. 	<p>Procedure</p> <ul style="list-style-type: none"> • Set up Batting Tee on open diamond. • Set out tap measure from the outwards into the diamond. • Each swing should be aimed to produce a sharp line-drive. • Recorder stands with tape measure and measures each hit ball at the completion on 5 hits. • A ball is measured when it comes to a complete stop. • Batter is to retrieve the balls for the next player to use. 	<p>Procedure</p> <ul style="list-style-type: none"> • Set up distances at 20mtrs • Line participants up and play the CD. • Athletes must reach the line on the beep or it is a failed level. • Athletes cannot over run the beeps and must wait until the beep. • Record the distance each athlete reaches on the recording sheet.
<p>7. AGILITY RUN</p>		
<p>PURPOSE: To evaluate the agility speed of the Athlete.</p>		
<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Markers/Cones • Tape Measure 		
<p>PROCEDURE:</p> <ul style="list-style-type: none"> • Set up distances 5m/ 5m / 10 m • 3 agility runs per athlete • Athletes must run to each using a side to side stepping movement. • The only marker not touched is the centre marker on the cross from one side to the other, all other markers must be touched to complete the run. <p>Record the time of each athlete on the recording sheet.</p>		

12:00 pm??	LUNCH at Camp.	It is very difficult to estimate how long it will take to complete the testing assessments. If testing is completed earlier, then the throwing component can be advanced.
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1:00 pm	BUS to the grounds	
1:15 pm	<p>Athletes to re-warm for the afternoon session.</p> <p>The first session after lunch will focus on throwing technique.</p> <p>Athletes will be presented with demonstrations on the correct technique for the:</p> <ul style="list-style-type: none"> • Overarm Toss • Underhand Toss • (If time permits and athletes are capable the sidearm toss will be demonstrated.) 	<p>Following central demonstration, the group will divide to their 4 teams –</p> <ul style="list-style-type: none"> • Fitter • Faster • Stronger • Smarter <p>Coaches will work with their group for 15 minutes using a variety of drills that enable the athlete to exercise their correct technique. (Drills will have been discussed the night before.)</p>
1:45 pm	The second hour will be devoted to base-running technique and sliding skills.	Again following demonstration, the group will split into their 4 teams for practice in order to improve technique.
3:00 pm	<p>COMPETITION</p> <p>A series of fun drills and competitions will be set up so that teams can compete against each other in order to win points. Depending upon time, drills and contests can include:</p> <ul style="list-style-type: none"> • Figure 8 drill against the clock. • Sliding down the tunnel. • Balloon Targets. • Tagging drill. 	Head Coach will select drills and contests dependant upon skill level and time permitted. Coaches are asked to assist their teams in determining strategies, but NOT in providing them. Ask questions and get the athlete to think.
4:00 pm	BUS to Collect athletes to return to Camp	
4:30 pm	<p>Athletes to assemble at Camp for discussion with athletes about balance and set up for infield and outfield positions.</p> <p>Athletes will be required to undertake a series of drills concerning diving for</p>	Timing for the first day is difficult to estimate as testing, amount of light and stamina of athletes are all variables that cannot be determined with accuracy.

	ground and fly balls. WARMDOWN as light reduces.	
5:30 pm ish	Athletes and Coaches to shower and clean up in preparation for dinner	
6:00 pm	Dinner	
7:00 pm	<p>Presentation – “What is a Smart Athlete” “Lateral Thinking” “The Power of the Mind” “Body Language” (Pointers will be awarded for quizzes that take place during the evening.)</p>	<p>Stephen to facilitate a presentation concerning the concept of the ‘elite athlete’. Everyone expects the athlete to know what this is and how to behave, but no-one shows them and guides them.</p> <p>Further discussion regarding how we hold ourselves back by not believing in ourselves.</p> <p>Then finally the importance of reading body-language.</p> <p>Presentations are general, but have relevance to our game in more ways than we realize.</p>
8:30 pm	Athletes are given an Umpires Exam and must work in their teams to answer each question in the test. This exercise promotes team work and knowledge of the rules of the game.	Officials do not assist the athletes, but collect the answers at the conclusion of the day.
9:00 pm	Athletes to bed. Coaches to remain to discuss the day’s activities and to prepare for tomorrow’s activities.	

Sunday 29 th June 2008 6:00 am	Teams are woken and asked to prepare for the day. 6:20 am Teams will assemble in the open area for a series of warm up and stretching exercises.	Activities involve a series of activities designed to raise body temperature, increase range of movement and athlete interaction.
	Athletes are to practice diving for ground balls and using knee slide catches	
7:00 am	Athletes are to wash and present for breakfast.	
8:00 am	Teams are to assemble in the Open area with all of their kit and gear in readiness for a day of softball training.	Coaches announce the result of the Umpire exam held the previous night.
8:15 am	BUS to Grounds.	
8:45 am	<p>Athletes will undertake a series of warm up activities in preparation for testing. These <u>MUST</u> include:</p> <ul style="list-style-type: none"> • 3 -5 minutes of continuous running and activity eg jog-skips, backwards run, side-steps, lunges... • 5-10 minutes of dynamic and static stretching/ flexibility, eg lunges, squats, ice-skates, windmills forwards and backwards (arms), leg swings (side to side and front to back) • Run throughs over base distance <ul style="list-style-type: none"> ○ 1 x 60% (jog return) ○ 2 x 70% (jog return) ○ 1 x 80% (jog return) ○ 2 x 100% (walk back) • Individual arm stretch as required • Throwing warm-up Short underarm throws – Overarm throws increase distance – Max 20 m. • Pitching warm-up as part of the throwing warm-up. 	Some Coaches will undertake this warm-up whilst others will be setting up the skill stations, as detailed on the next page.

Athletes will stay within their teams and rotate through a number of skill stations. Coaches will **NOT** rotate with their teams. This is to ensure that each athlete gets a consistent message regarding each station.

Station 1

Infield Skills

Fielding positions	Double plays	Trap plays
Force plays		

Station 2

Outfield skills

Backing up	Fly catch – no-one on	Fly catch – runners on
Long Throws	Knee slide catches	Reading the play

Station 3

Hitting

Machine Hitting	Tee Hitting	Pop-up
Drop pitch	¾ side toss	

Station 4

Bunt and Bunt Defense.

Base coverage	Sac Vs Push Vs Slap	Bare hand pick up
Left Hand running	Drag Bunt	

9:00 am	First Rotation	
9:45 am	Second Rotation	
10:30 am	Morning Tea	
10:45 am	Third Rotation	
11:30 am	Last Rotation	
12:15 pm	Break for lunch	

At lunch, Teams need to sit together with allocated Coaches to discuss team tactics and signals for the afternoon games.

1:30 pm	Diamond 1 Fitter Vs Faster. Diamond 2 Stronger Vs Smarter	Two Diamonds need to be set up for games. All games shall be conducted as follows: 1 st Innings = Runner at first base 2 nd Innings = Runners at first and second
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		3 rd Innings = Runner at second base 4 th Innings = Runners at first and third base 5 th Innings = Runner at third base 6 th Innings = Tie breaker
2:45 pm	Afternoon Tea	
3:00 pm	Diamond 1 Stronger Vs Faster Diamond 2 Fitter Vs Smarter	
4:30 pm	Warm Down & Return to Camp.	
5:00 pm	All Athletes and Coaches attend the Camp closing address. The Athletes selected in the Academy Squads will now be announced. These XX Boys and XX Girls will continue to train on a fortnightly basis until December when they will be handed over to the Academy coaches who will take over preparation of the teams for the "Sunshine Cup" – Australia Day Tournament. Athletes will be sized for shirts etc.	