



2012
MFCA Winter Clinic
St. Cloud Apollo Highschool
Saturday Feb. 4th, 2012



Saturday February 4th-

8am-8:55- Registration-Vendors- Rolls and coffee provided

9am-9:50- Common Myths or Misinterpretations About Hitting: John Tschida..St. Thomas Univ

9am-9:50- Pitching Basics: Brittany Weil..North Dakota State Univ

9:50-10am- Vendors

10am-10:55- Coaching the mental aspect of the game to young players: George Wares..Central College

10 am-10:55- Catching Basics: Paula U'Ren..St. Cloud State Univ

10:55-11:15am- Vendors-Break

11:15am-12:05- Drills to help develop the .400 hitter with power: John Tschida

11:15am-12:05- Base running techniques and strategies: Darren Mueller..North Dakota State Univ

12:05-1:30pm- Lunch-MFCA Meeting- Vendors

1:30-2:20- Analyzing the Video of great pitchers, basics and beyond: John Tschida

1:30-2:20- Defensive Situations and how to handle them: George Wares

2:20-2:30- Vendors

2:30- 3:20- Increasing the Velocity of Pitchers: John Tschida

2:30-3:20- Including your catcher in practice: Paula U'Ren..St. Cloud State Univ

3:20-3:40- Final time for vendors

3:40-4:30- Productive indoor practices: George Wares

4:30-Door Prizes!!!

George Wares: Central College

Head coach

Iowa Conference Coach of the Year--1990, 1993, 2000, 2002, 2003, 2004, 2009, 2011

George Wares is one of the winningest softball coaches in the U.S.

In 2011, Wares guided the Dutch to their 23rd NCAA Division III tournament berth in the past 26 years. In 27 seasons as Central College head coach, Wares has compiled a 909-302-3 record (.750) and established the mark for all-time Division III wins.

In 2007, Wares was inducted into the National Fastpitch Coaches Association (NFCA) Hall of Fame.

Wares has piloted the Dutch to national championships in 1988, 1991, 1993 and 2003 with national runner-up finishes in 1986 and 2001. His 23 NCAA playoff teams have finished in the national top five 12 times. The Dutch were third in the NCAA in 1990, 1994 and 1995, fourth in 1987 and 1989, and fifth in 1997. Central won or shared 11 Iowa Conference titles (1986, 1990, 1991, 1993, 1996, 2000, 2002, 2003, 2004, 2009, 2011).

Wares and his assistants were named the NFCA Div. III coaching staff of the year in 2003, after taking regional honors in 2001.

In 2011 Wares was named winner of the Iowa Conference coach of the year award. He's won or shared the honor eight times (1990, 1993, 2000, 2002, 2003, 2004, 2009, 2011).

Wares is in his second 3-year term on the NFCA Division III All-America Selection Committee, serving two years as chair.

A 1976 Central graduate, Wares spent seven years as girls' softball coach at NESCO High School in Zearing, Iowa, posting a 214-94 record and piloting three squads to state tournament berths. He was named all-area coach of the year three times.

Wares also served as a high school boys' basketball coach for 18 years, including seven at NESCO and 11 at Pella High School. He compiled a 259-106 career record, earning four state tournament berths, with two state runner-up finishes. He served for four seasons as an assistant men's basketball coach at Central.

A highly regarded motivational speaker, Wares received a master's degree in counseling from Iowa State University. He worked as an at-risk counselor at Pella High School and as an academic counselor at Central.

John Tschida
University of St. Thomas

John Tschida is regarded among the elite coaches in all of college softball. In 2004 he became the first softball coach to win NCAA championships at two different schools. He's been named NFCA Division III National Coach of the Year twice in the last six seasons.

In the last eight seasons, Tschida has guided the Tommies victories in 15 of 21 postseason tournaments (MIAC, regional, NCAA finals). The 54-12 overall postseason record includes a 24-0 mark in the MIAC playoffs, and UST's overall record is 343-43 (.889).

He guided St. Mary's to the 2000 NCAA Division III championship in his sixth season at his alma mater, and then took the 2004 Tommies to NCAA gold in his fourth season at St. Thomas. Tschida's 2005 team won 32 of its last 33 games to close 43-6 and repeat as NCAA champion. He was again awarded national Coach of the Year honors.

In 17 years of college coaching, Tschida has won three national championships and became the winningest Division III coach, active or retired, (winning percentage, .854) with a 655-112 record.

Tschida has been named MIAC Coach of the Year nine of his 17 years. His teams have been nationally ranked each year, and in the last 15 seasons have posted a 295-14 record in conference regular-season play. In 11 seasons at St. Thomas, his teams have swept 112 conference twinbills, split eight and were swept just once, and in all games vs. conference opponents are 257-10 (.963).

His players have earned 28 NCAA All-American honors, 43 Academic All-American honors, and 81 first-team All-MIAC honors.

The 2002 Tommies made school history by becoming the first St. Thomas softball team to win the NCAA regional and reach the eight-team NCAA tournament. The Tommies placed fifth nationally and posted a 38-9 record, including a 21-1 conference mark that resulted in a record-setting five-game margin over the runners-up.

The 2003 Tommies finished 32-6 for the best winning percentage in school history. Two one-run losses dropped them to 20-2 in the conference and denied them a repeat trip to the NCAA playoffs.

The 2004 Tommies started 5-4 then won their final 41 games, including a 25-0 record vs. conference opponents and a remarkable 10-0 run through the postseason. The 41 consecutive wins set a Division III softball record and is second only to Arizona's 47 wins in 1995-96 among all NCAA programs.

The 2005 Tommies won 31 of their last 32 games and went 10-0 in the postseason for the second year in a row. Remarkably, Tschida's Tommies never trailed in a 14-0 run through NCAA playoff games in 2004 and 2005.

He guided the 2006 Tommies to a 48-4 finish, including a 24-1 mark against conference foes, and second place in NCAA Division III. The 48 wins tied a Division III record, and the team's 72 home runs in 52 games shattered the old D-III season record.

UST was ranked No. 1 most of the 2007 season and finished 42-4, including a 25-0 mark vs. conference teams. The Toms had a 36-game winning streak halted in the regional tournament and were unable to return to the national tournament.

UST came back in 2008 with a 42-5 finish, including a 25-0 run in the MIAC. The 2009 Tommies were ranked as high as No. 2 nationally and finished 40-6 -- their sixth consecutive 40-win season. They won the conference playoff title for sixth time in the six-year history of the event.

In 2009 he led the Tommies to a 40-6 record overall (20-2 MIAC) and a second place finish in the MIAC. The Tommies defeated regular season champions Gustavus in the MIAC finals and received the top-seed in the NCAA regional the following week.

The 2010 Tommies finished as the MIAC regular season and postseason champs with a 40-8 record (21-1 MIAC). They reached NCAA postseason play for the 13th time in the past 14 seasons.

The 2011 Tommies posted a 42-6 record (22-0 MIAC), winning both the regular season and postseason crowns. They also improved to 24-0 all-time in the conference playoffs with eight titles in the eight-year history of the tournament. In addition, UST's John Tschida was named MIAC Coach of the Year. Tschida guided the Tommies to a 22-0 run to the MIAC championship and a 3-0 sweep of the MIAC playoffs. UST lost to No. 3-ranked Luther in the NCAA playoffs and finished the season ranked 20th

in the final Division III rankings. Senior Cassie Smith was named conference player of the year, while junior Kayla Boward was named MIAC Pitcher of the Year. Boward being named Pitcher of the Year marked the eighth-year in a row that a Tommie pitcher has won the award.

Darren Mueller: North Dakota State Univ. is in his 10th season as the North Dakota State University head softball coach. He has a record of 321-173 in nine seasons. Mueller recorded his 300th career win vs. Wright State (3-12-10) at the Texas A&M Aggie Invitational.

Mueller led North Dakota State to its second straight Summit League tournament championship in 2010. The Bison advanced to the NCAA Division I Seattle Regional before bowing out to No. 1-ranked Washington and Nebraska.

The 2009 season proved to be an eventful one. In its first year of Division I postseason eligibility, Mueller directed North Dakota State to The Summit League tournament championship, the NCAA Division I Norman Region championship and berth in the NCAA Division I Super Regional played against Arizona State in Tempe.

“I believe we’ll keep the program moving forward,” said Mueller. The NDSU coaching staff received the 2009 NFCA (National Fastpitch Coaches Association) Division I Midwest Region co-Coaching Staff of the Year award, 2002 and 2003 NFCA Division II North Central Region Coaching Staff of the Year award. He was named the 2008 Summit League Coach of the Year, 2007 and 2006 Division I Independent Coach of the Year, and also the 2002 North Central Conference co-Coach of the Year.

“I’m looking forward to the challenge and I think our team is ready to go out on the field and see what happens. We have a lot of talent.”

Mueller is in his 17th year with the NDSU softball program. For seven seasons alongside **Mitch Hanson**, Mueller was responsible for coordinating recruiting and working with the hitters and catchers. The Bison were among the NCAA hitting leaders over a six-year period from 1998-2003 and connected for a school record .357 batting average in 1998. NDSU also hit for power, clubbing a school-record 58 home runs in 2003.

“I like working with the players and seeing them get better, knowing they’re learning something and having fun doing it,” said Mueller.

The 12th coach in the program’s 36-year history, Mueller was part of a coaching staff that guided the Bison to a seven-year record of 339-125 and six straight winning seasons. The 2000 NCAA national championship team posted a 68-10 ledger to set a Division II record for most wins in a season.

North Dakota State made five straight NCAA tournament appearances from 1998 to 2003, including back-to-back national tourney trips in 1999 and 2000 and again in 2002 and 2003. Mueller, assistant **Mike McLeod** and Hanson were selected the 2000 Speedline Division II National Coaching Staff of the Year. The trio was also named the 1999 and 2000 Speedline Division II North Central Regional Coaching Staff of the Year by the National Fastpitch Coaches Association.

Mueller knows the importance of team chemistry and staying positive. He set the tone his first day on the new job. “I just told the players that I wanted them to learn something new every day. Don’t worry about the wins and the losses, they will come,” said Mueller.

“The challenge is learning something new every day because that’s what is going to make you a better player. You can’t worry about failure because everybody is going to fail at one point or another. Learn from your mistakes and move on.”

Brittany Weil

Former University of Iowa standout **Brittany Weil** was promoted to full-time pitching coach during the 2010 fall. She joined the North Dakota State University softball coaching staff in September 2009 as a graduate assistant.

Weil, who earned all-region and all-conference honors for the Hawkeyes, was the seventh overall pick in the National Pro Fastpitch Senior Draft by the Akron Racers. She compiled a 4-3 record with a 2.28 earned run average as the Racers advanced to the first round of the league playoffs.

Weil departed the University of Iowa with school records for strikeouts (1,083), innings pitched (1,011.2), complete games (110), games pitched (183) and no-hitters (5), and is also tied for first with 99 wins. She also holds the single-season records for strikeouts (339) and no-hitter (5).

A second team NFCA All-American, Weil went 26-12 with 14 shutouts, five no-hitters and a 1.10 earned run average in 2009. She was also named first team NFCA All-Midwest Region and All-Big Ten. Weil became the first Hawkeye to be named NFCA National Player of the Week in 2009. She recorded a career-high 19 strikeouts in an eight-inning no-hit effort against Kent State (2-13-09).

Weil also earned first team NFCA All-Mideast Region and second team All-Big Ten honors in 2008 after posting a 1.22 earned run average. She was also a two-time all-league third team selection and earned second team all-region honors.

She graduated from Iowa in May 2009 with a bachelor's degree in communication studies.

Paula U'Ren St.Cloud State Univ. completed her 14th season as head coach of the St. Cloud State University softball team in 2011 and has an impressive 493-288 overall career mark after 14 seasons. In U'Ren's tenure the Huskies have qualified for the NCAA Regional Tournament six times and have won the North Central Conference playoff championship three times (including the 2003 and 2004 NCC titles).

U'Ren continues to have the best winning percentage in SCSU softball history at .631 in 14 years.

St. Cloud State completed the 2011 stint 25-26 overall and ninth in the Northern Sun Intercollegiate Conference with a 10-16 tally. The highlight this season for U'Ren was coaching junior transfer Chris Saiz to 2011 Louisville Slugger/National Fastpitch Coaches Association (NFCA) Division II All-Central Region Second Team recognition.

In 2010 the Huskies tabbed a 21-27 overall record with an 8-18 mark in the NSIC, good for 10th place. Heading into the 2010 season, U'Ren's 447-235 career record at SCSU ranked 34th all-time among NCAA DII coaches for best winning percentage at .655. Her 447 career victories also ranked 35th among active DII coaches.

A National Fastpitch Coaching Association member since 1995, U'Ren has served on several committees with the NFCA: the All-American Committee in (1998-present), the Top-25 Committee Poll (2010-Present) and the Education Committee (2010-present). She has been a guest speaker at various clinics throughout the Midwest and served as the featured speaker at the Minnesota High School Clinics. In 2009, she was inducted into the Minnesota High School Hall of Fame. That same year she garnered the Legacy Award from the North Central Conference.

In the past 13 years, U'Ren has coached five All-Americans, two players (Brooke Gentzler & Jenny Gensch) who took part in the National Pro League tryouts and 33 NFCA All-Academic winners. Even more importantly, U'Ren's teams have averaged a 3.0 grade point average in each of the past 13 seasons, as well as a remarkable 100% graduate rate of any player who has been on the roster for two or more years.

The Huskies completed the 2009 season 21-38 overall and finished 10th in their first year of competition in the Northern Sun Intercollegiate Conference with an 8-18 mark.

On Sunday, Feb. 24, 2008, Coach U'Ren reached a milestone, garnering her **400th career coaching win** against the University of Minnesota, Crookston, by a score of 9-1.

In her first year with the program in 1998, U'Ren and the Huskies brought home SCSU's first North Central Conference championship. The Huskies also advanced to the championship round of the NCAA Division II North Central Regional Tournament before ending their season with a then-record 42 wins (42-14 overall).

In 1999, SCSU posted a 44-14 overall record and also advanced to the championship round of the NCAA regionals. In 2000, the Huskies chalked up their third consecutive 40-win season with a 41-10 record that included another trip to the NCAA regional tournament. The following year in 2001, the Huskies did not receive an NCAA bid but they did post a solid 37-15 overall record and placed second in the always rugged NCC.

The Huskies returned to the dance in 2002, with their fourth NCAA bid under the leadership of U'Ren. SCSU placed second in the league once more and charted a 44-13 overall record. In 2003, SCSU claimed its second NCC title and went on to gain a runner-up spot at the 2003 NCAA Division II North Central Regional. U'Ren also gained personal recognition in 2003 after being awarded the 2003 Ole Odney Award, which is presented each year by Augustana College (S.D.) for outstanding achievement in coaching by an Augustana graduate.

History was made during the 2004 season, as U'Ren led SCSU to a first place finish at the NCAA Division II North Central Regional tournament. At the 2004 NCAA Division II National Championships in Altamonte Springs, Fla., U'Ren's troops marched to a third place finish - thus marking the highest finish at the national level in team history.

From 1998-2004, U'Ren ranked 41st among active NCAA DII coaches for career wins. In fact, no other NCAA DII coach with eight or less years of coaching experience has had more wins than U'Ren.

In 2007, the Huskies went 28-30 overall record and 5-7 in the NCC. This past year, the 2008 Husky squad produced the best record since the 2004 season finishing 35-21 overall. In the final NCC Tournament, SCSU went 1-2 to finish in fifth place in the league. Some marquee wins from the 2008 season included an 8-5 victory on March 29th over 24th-ranked Lewis University, and a 4-3 win on April 9th against 7th-ranked Southwest Minnesota State University.

In her career, U'Ren owns an impressive 493-288 (.631) record as a collegiate coach. She is a 1995 graduate of Augustana College (S.D.), where she majored in Fitness/Exercise Physiology. U'Ren received her M.S. in exercise sports science from St. Cloud State University. As a graduate student at SCSU, U'Ren served as a graduate assistant coach under Dr. Sue Becker. As a collegiate player at Augustana, U'Ren was named a three-time All-Region, All-NCC and NCAA Division II All-American selection in 1993, 1994 and 1995 and finished among the top 10 players in NCAA Division II softball in batting average, home runs and RBIs. In her tenure at Augie, the Vikings posted a 207-45 record - including a 57-7 record her junior season. In the all-time NCAA Division II records, U'Ren ranks fourth for career RBIs with 192, sixth with 32 career homers and 15th with 41 career doubles.