



2010
MFCA Winter Clinic



Speakers include: Cindy Bristow-Softball Excellence
Paula U'ren- St. Cloud State Univ.

Friday February 5th-

11-12:00pm - Registration- Vendors Available

12:00 pm - Main Hall- Hitting- How to take it from practice to games- Cindy Bristow

1:00 pm - Main Hall- Hitting Drills to correct common flaws of the swing. Paula U'Ren

2:00 pm - Main Hall- How to teach and practice the running slap- Cindy Bristow

3:00 pm - Main Hall- Base running Basics- Paula U'Ren

4:00 -6:00pm - Dinner provided - 5:30 Association Meeting

6:00 pm - Main Hall- Catching Basics - Paula U'Ren

7:00 pm - Main Hall- Beginning Pitching- Getting more speed and control- Cindy Bristow

8-11pm - Coaches Social- Clinicians available for questions

Saturday February 6th-

8-8:55 am - Main Hall - Drills, Drills, Drills - Cindy Bristow

8:55-9:05 am Vendor Area

9:05-10:00am - Main Hall- Offensive strategy- What plays- When and Why? Cindy Bristow and Paula U'Ren

10:00- 10:10am Vendor Area

10:10-11:10am - Main Hall- Defensive Strategy- Where does everyone go and when? -Cindy Bristow and Paula U'Ren

11:10-12:00pm - Main Hall- Advanced Pitching- Getting more movement- Cindy Bristow