



Minnesota Fastpitch
Coaches' Association
2009 Winter Clinic
Registration Form



Dates: Friday February 6th and Saturday February 7th

Cost: Pre-registration on or before January 10th \$80 with a Free T-Shirt

After January 10th and at the door Cost is \$95

Head coaches have to be a member of the MSHSCA; Any other support staff it is not recommended but is encouraged.

Name: : _____

School: _____

Mailing address: _____

Phone number: _____ Fax number: _____

E-mail address: _____

Mail:

Minnesota Fastpitch Coaches' Association

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2009
MNHSSCA Winter Clinic



Friday February 6th-

11-1:00 - Registration- Vendors Available

1:00 pm - Main Hall- The Fundamentals of Hitting- John Tschida

2:00 pm - Main Hall- Hitting Drills to correct common flaws of the swing. Linda Wells

3:00 pm - Dr. Nicole LaVoi - "The Psychology of Coaching- Effective Motivational Strategies" - Strategies for Developing and Motivating Champions.

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

6:00 pm - Main Hall- Situations- Offense vs Defense- John Tschida and Shawn Semler

7:00 pm - Main Hall- Catching- Teaching the skills and drills - Paula U'ren- St. Cloud State

8:00 pm - Main Hall- Pitching- Developing a pitcher-Everything you need to know to teach it. Linda Wells

9-11 pm- Coaches Social in the Vendor area- Some refreshments provided.

Saturday February 7th-

8-8:55 am - Main Hall - 8-8:25 - Defensive Strategies- Preparations you can make at practice- John Tschida

8-8:55 am - Gym Area- Dynamic Warm ups with Velocity Sports Performance

8:55-9:05 am Vendor Area

9:05-10:00am - Main Hall- 9:05-9:30 am - Slap hitting the Basics - Linda Wells
9:30- 10:00 am - Defending the Slap - Linda Wells

9:05-10:00am - Gym Area- Strength Training with Velocity Sports Performance

10:00- 10:10am Vendor Area

10:10-11:10am - Main Hall- Position Play: Teaching the corners and middle
infielders- John Tschida

10:10-11:10am - Gym Area- Outfield Skills and Drills - Shawn Semler

11:05-12:00- Main Hall- Pitching Drills to increase Speed- Linda Wells

Bio's of Instructors

Linda Wells -

Linda Wells, NFCA member since 1983 and president of the association from 1984 to 1987, is one of the game's greatest prodigies. With her playing career spanning 30 years and her coaching lifetime approaching the 36-year mark, Wells also is one of the world's most sought-after and knowledgeable speakers in the game today.

Her most recent pursuit was as pitching coach for the Dutch Olympic team in the 2008 Beijing Olympics, and previously, she served as head coach of the Greek National Team from 2002 to 2007, including the team's participation in the 2004 Olympics. In the 2005 European Championships, Wells coached the Greeks to the finals for the only time in the championship's history.

Wells retired from collegiate coaching in 2005, after 16 years as Arizona State head coach (1989-2005) and 17 years as head coach at the University of Minnesota (1972-1989). While at Arizona State, she led the Sun Devils to 12 NCAA regional appearances and two trips to the Women's College World Series (1999 and 2002). She reached the 900-win mark during her final season in Phoenix.

In 2004, Wells was honored by Arizona State, receiving the university's Sparky Award for Outstanding Service. She is a member of the University of Minnesota's softball, volleyball and athletics department Halls of Fame, and was inducted into the NFCA Hall of Fame in the first year of its existence — 1991.

More recently, Wells received the Alumni Merit Award from her alma mater, Southeast Missouri State, where she was a five-sport athlete. Her hometown of Pacific, Missouri, retired her number (No. 6), and she is the only woman ever to have received this honor (there is only one man as well). Recently, her hometown renamed its softball park "Linda Wells Park."

An all-around athlete in her playing days, Wells competed at the national level in volleyball (USVBA), basketball (AAU), field hockey (USFHA) and softball (ASA). She played 18 years of women's major fastpitch and also in the International Women's Professional Softball League (IWPSA).

Wells started the Wells Sports Corporation in 1982, and it specializes in products and services for youth sports, instructional camps, clinics and video.

JOHN TSCHIDA - UNIVERSITY OF ST. THOMAS

John Tschida is the only NCAA coach to lead two different institutions to NCAA softball titles. It took just two years to get the University of St. Thomas to the national championships and just four years to lead the

University of St. Thomas (Minn.) to two consecutive Division III national titles in 2004 and 2005. He guided his alma mater, Saint Mary's, to the 2000 NCAA Division III championship in just his fifth year of coaching.

He and his staff has earned NFCA National Coaching Staff of the Year honors twice in the last five years. In his 14-year college career, Tschida has become the winningest Division III softball coach, active or retired, with a 533-92 record (.853 winning percentage). Every team ever coached by Tschida has been nationally ranked.

As a player, Tschida been a two-time NAFA All-World player, five-time ASA Class "A" All-American, 2006 ASA Men's Open All-American, and an ISC All-World Team player. He has competed in 17 ISC World Tournaments, 18 ASA National Tournaments, and 8 NAFA World Series. In 1998, Tschida was the leadoff hitter for the 1998 ASA Class "A" National Champion DMS Knights and the NAFA World Series Open title in 2005. The teams he has played on are typically ranked in the top ten in the ISC World Rankings.

Shawn Semler – Southwest Minnesota State

Shawn Semler begins his sixth season as head coach at Southwest Minnesota State in 2009. In his past three seasons at SMSU, the Mustangs are an astonishing 47-3 in conference games. Semler, a three-time NSIC Coach of the Year, has led the SMSU softball team to four regular season conference championships and three NCAA Tournament appearances in his five-year tenure.

In 2004, his first season at SMSU, Semler led the Mustangs to their first NSIC regular season title since 1999. He has a 162-93 record in four seasons at SMSU and a 332-191 record overall in 11 years of coaching at the collegiate level.

In 2007, SMSU finished with a 38-13 overall record and a 16-2 conference record, claimed the NSIC tournament title and became NSIC regular season co-champions. He also led the Mustangs to their second consecutive NCAA tournament appearance as they earned the region's No. 3 seed and won their first two games at the regional tournament.

Over the course of the 2007 season, Semler led SMSU to achieve many milestones. SMSU was ranked in the National Fastpitch Coaches Association (NFCA) poll for the first time since becoming NCAA Division II in 1996. It also broke the NSIC consecutive wins record, winning 30 straight conference games, broke the school record for home runs in a single game with six and had two players become the school career record holders for strikeouts and home runs.

The Mustangs continued dominance in 2008, achieving their highest national ranking in school history, while finishing 39-12 overall and 17-1 in the NSIC, claiming their four NSIC regular season title in Semler's five years. Southwest was ranked seventh in NCAA Division II in the April 9 NFCA top-25 poll and was ranked throughout the entire season. SMSU also reached the NCAA regional tournament for the third consecutive season. Catcher Erin Dickhausen graduated as the career record holder for nearly every offensive category. She has earned an invitation to training camp in 2009 with the Rockford Thunder of the National Pro Fastpitch league.

Semler has coached SMSU's first-ever NCAA All-Region players. In both the 2006 and 2007 seasons he had one player earn first team NFCA All-Region honors and one individual earn second team all-region accolades. Also in 2007, four players earned Daktronics All-Region, with two making the first team and two making the second team. In 2008, pitcher Amanda Johnson and catcher Erin Dickhausen both earned all-region honors from both AFCA and Daktronics.

He guided SMSU to a 41-12 overall record and a 14-0 NSIC finish in 1996 to claim the conference title for the second time under his helm. The 41 wins set a single season school record. Semler also led the Mustangs to make their first-ever NCAA Tournament appearance as the region's No. 2 seed. In 2004, he also led his team to a successful finish as they went 22-31 overall and had a 14-2 NSIC record, earning the conference title. The Mustangs finished 2005 with a 22-25 overall record and a 6-8 mark in conference play.

Semler, who became the ninth head coach in SMSU history, spent six years at the College of Saint Mary in Omaha, Nebraska, posting an overall record of 170-98 (.634). Semler has also spent four years as the head softball coach at Marian High School (Neb).

A native of Bellevue, Neb., Semler led the College of St. Mary (Neb.) to a 35-9 overall record in 2003, winning the Midlands Collegiate Athletic Conference title before losing in the NAIA IV regional finals to Midland Lutheran. The team received national rankings in three of his last four seasons.

Prior to his coaching career, Semler received his bachelor's degree in secondary physical education and special education at Peru State College (Neb.) in 1991. He was a four-year starter for the Peru State baseball team, where he was the first player to be named All-America in school history. In 2000, Semler then received his master's degree at Lesley University in Cambridge, Mass., in computer technology. He began his coaching career at Bellevue East High School where he took over the reigns of a struggling program (4-20 his first season). After Semler implemented Bellevue's first girls' fastpitch summer organization for high school players, the Chieftains showed signs of improvement moving to a mark of 14-16 in Semler's third season.

At Marian High School, Semler was the head softball coach while also teaching physical education, weightlifting and computer application classes. During his stay at Marian, he helped the Crusaders to an 83-53 record including state final top-10 ranking three of the four seasons.

Semler lives in Marshall with his wife, Dani and son, Toby.

Paula U'Ren - St. Cloud State University

Paula U'Ren completed her 11th season as head coach of the St. Cloud State University softball team in 2007-08. 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).

Heading into the 2008 season, U'Ren's 391-176 career record at SCSU ranked 16th all-time among NCAA DII coaches for best winning percentage at .690. Her 391 career victories also ranked 37th among active Division II coaches.

On Sunday, Feb. 24, Coach U'Ren reached a milestone, garnering her **400th career coaching win** against the University of Minnesota, Crookston, by a score of 9-1. Coach U'Ren's career mark now stands at 426-197, good for a .684 winning percentage.

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 426-197 (.684) 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.

She is a native of Mapleton, Minnesota.