

**Attn:** Southern Minnesota Softball Associations

**What:** Pitching Clinic, Gustavus Adolphus College Pitching Coach, Mark Wiest and Pitching Staff

**When:** February 20, 2010

**Where:** Austin High School

***We would greatly appreciate your help by passing the pitching clinic brochure on to your pitchers. This is a great opportunity and at a very reasonable cost!***

Thank you for your help and support,

Austin Girls Fastpitch Softball Association

## Sites/Dates

AUSTIN HIGH SCHOOL

Hastings Gym

AUSTIN, MN

Saturday, February 20, 2010

## Clinic Definitions

### I-Pitching Fundamentals

A limited student number will allow ample student: instructor ratios.

Instruction will include basic fundamentals, pitch accuracy, speed and video analysis.

### II-Advanced Pitching

Limited class size will help to create the best possible learning environment.

Fundamentals of proper technique and drills for speed and control will be reviewed. Students will also review the change-up plus be introduced to the drop or rise ball.

\*Slow motion video analysis of your pitching motion and radar speed check of your pitches will be included.

## Equipment

Bring your glove, ball, and SOMEONE TO CATCH for you. Parents and Coaches are encouraged to attend.

For questions about the clinic contact:  
Austin Girls Fastpitch Softball Association

Jon Bednar at: 507-279-3017

## CLINIC I

Saturday, February 20, 2010

12:00-2:00

## CLINIC II\*\*

Saturday, February 20, 2010

11:00—12:00

2:30-4:30

10:30-11:00 gym space available to warm-up

\*\* Students in Clinic II should be able to throw at or above 50 mph and have a high percentage of accuracy.

Great  
Prices!

## COST OF CLINIC:

CLINIC I \$25.00 (2 hours)

CLINIC II \$40.00 (3 hours)

\*\*Each Pitcher will receive a free T-shirt\*\*

## Limited enrollment

*The first 14 entries accepted  
for each clinic.*

## Meet the Instructors

**MARK WIEST** is a former pitcher and high school coach. He is starting his 12<sup>th</sup> year as pitching coach at Gustavus Adolphus College. He has instructed many successful collegiate level pitchers.

One or more of the following Gustavus Pitchers will be instructing as well:

**BETSIIE COLLINS** 2 time All-State Pitcher from Waseca. Recorded over 700 strikeouts in high school. Starting her forth year as a "Gustie" Pitcher. 2009 MIAC H.M. All-Conference.

**CALLIE NELSEN** 2 time All State pitcher from Willmar High School. Over 600 high school career strike outs. Pitched in 4 Minnesota High School State Tournaments. 2008 MIAC College All-Conference Pitcher. A Senior at Gustavus Adolphus College.

**ERIN TRUEBENBACH** The third year Gustavus Pitcher holds the State Record for State High School Tournament strikeouts with 41 in 2007. Twice named All-State Pitcher at Maple River High School. 2009 MIAC All-Conference Pitcher.

❖ The 2009 Gustavus Pitching Staff combined for a 42 and 9 season. They finished with a 1.69 ERA and tied a school record 15 shutouts while recording a school record 321 strike outs.

❖ The 2009 pitchers became the first pitching staff in NCAA history to all have double digit wins for a **Season**.

2010

# Gustavus Pitching Clinic

## Player Registration Form

Player Name: \_\_\_\_\_

Players T-shirt size (circle one):

S M L XL

Parent Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (H): \_\_\_\_\_

(W): \_\_\_\_\_

Email: \_\_\_\_\_

Player Age (circle): 12 13 14 15 16 17 18

CLINIC ATTENDING:(circle) I or II

Location : AUSTIN HIGH SCHOOL

Hastings Gym

Please clip this registration form and return with the fee to the address listed below by **Feb. 13, 2010.**

ATTN: Pitching Clinic

PO Box 221

Austin, MN 55912

- **Checks can be made out to:**

*Gustavus Softball/ Mark Wiest*

507.351.7219

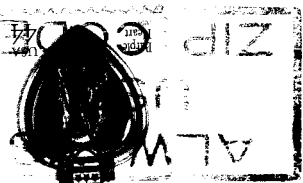
Parent Release Agreement: I hereby waive and release Gustavus Adolphus College, Gustavus Softball Clinic staff, Austin High School, and Austin Girls Fastpitch Softball Association from all liability for any injuries which may be sustained by my daughter while participating in the GAC Softball Clinic.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Austin Girls Fastpitch  
Softball Association  
P.O. BOX 221  
Austin, MN 55912

Brant Klepel  
61416 251 Ave  
Mantorville MN 55955



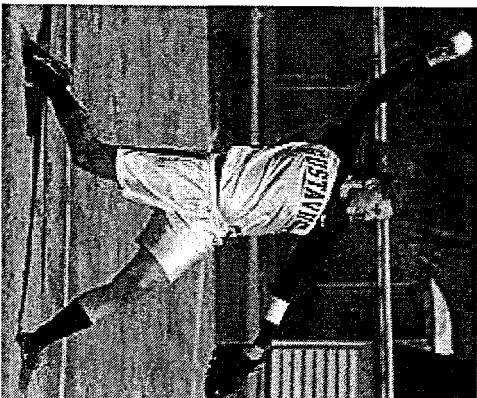
# Southern MN.

## Fastpitch Softball

### Pitching Clinic

in Austin

## February 20, 2010



Instruction by Gustavus  
Pitching Coach, Mark  
Wiest and Gustavus  
Softball Pitching Staff.

2009 DIVISION III  
COLLEGE WORLD  
SERIES THIRD PLACE  
FINISH

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