

## **MacLean Pitching Clinics for CGSL**

**WHAT:** Beginners' pitching clinics.

**WHO:**

A) Cupertino Girls Softball players in the 8-U, 10-U or 12-U divisions who have had little or no training in pitching. Younger girls, i.e. the 6-U, should be concentrating on their basic softball skills; there will be no pitching in competition at this level. Any girl in the 14-U or 16-U level who is seriously interested should certainly talk with us about it, however she will have a great deal of catching up to do. Nobody will be turned away.

B) Any adult who will be working with the girl between clinics. Pitching cannot be learned in one hour per week. Substantial feedback coaching will be very helpful during the week, and soon the girl will need a catcher. Adults will be given coaching pointers.

C) Any coaches who wish to learn about the proper basic mechanics of the windmill pitch are *strongly* encouraged to attend. If you're going to be coaching fastpitch softball, especially girls who are just learning to pitch, it will be helpful for them if you attend. You do not need to be attached to a particular girl in order to come to the clinic. We are perfectly happy to have coaches interested in learning what to watch for in their pitchers attend as well. (One year we also had the 14 year old brother of a player who wanted to help her!)

D) Clinics will be taught by Alec MacLean, who has coached and umpired in CGSL for several years.

**WHEN AND WHERE:** Sunday afternoons, at 4:00. We will meet at Cupertino Middle School. Each clinic will last about one hour. As the days get longer, we may move to a later time

**WHAT TO BRING:**

A) Softball glove.

B) 11" softball.

C) Appropriate clothing. You do not need to come in full practice/game gear (ie no sliders) but the basics still apply: no skirts, good tennis shoes (do not need cleats), and hair tied back.

**HOW MUCH:** Free of charge, courtesy of Cupertino Girls Softball.

**HOW DO I SIGN UP:** By showing up and/or sending an email to Alec MacLean at [calecm@aol.com](mailto:calecm@aol.com). Please give me your email address, since I communicate largely through email.

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### FREQUENTLY ASKED QUESTIONS:

#### **A) Is it safe?**

Yes, windmill pitching is a more natural motion than overhand pitching, and does not lead to injuries. Proper stretching and warm-ups will be emphasized, as will the importance of proper mechanics.

#### **B) How difficult is it?**

Each girl progresses at her own pace. Some girls take to it quickly, others more slowly. The hardest thing to do is to unlearn bad habits. These clinics will be strongly focused on learning the basics correctly, and identifying problems before they become habits. And of course, in true Cupertino Girls Softball fashion, on having fun!

#### **C) Is an adult necessary?**

It's much harder for a girl to learn to pitch without adult assistance. This includes not only catching for her, but understanding the correct motion she is trying to achieve, and giving feedback to help her. Of course, no girl will be turned away if she doesn't have an adult. But good, timely feedback during frequent practice is a path to success.

#### **D) How much should a girl practice?**

Pitching cannot be learned in one hour per week. Plan on spending a few sessions per week. If all you do is pitch, then ¼-½ hour per session may be enough. If you spend a lot of time discussing whether or not Justin Bieber and Selena Gomez are still together, it may take longer! Spending more time with your kid is not all bad, though, is it?

#### **E) What if I miss a clinic?**

No problem at all. We review everything from the beginning every week, so you'll never miss a thing. Don't hesitate to sign up just because you might miss some days.

#### **F) What about Positive Coaching?**

It is absolutely, totally how I coach. Period.

#### **G) For other questions, please contact Alec by email at [calecm@aol.com](mailto:calecm@aol.com).**