

CLINIC COACHING STAFF



Head Coach Gretta Melsted 4th Year

Coach Melsted has been the head softball coach at Augustana since July of 2006 and is coming off her most successful season at Augustana.

She was named the 2009 Northern Sun Intercollegiate Conference Coach of the Year as the Vikings posted a 31-23 overall record while going 20-5 in its first season in the NSIC to finish in second place after being picked to finish seventh in the pre-season coaches poll.

The Vikings have improved its record every season Melsted has directed the Vikings and finished the 2009 season with a perfect 16-0 record at home, while four players from the squad earned All-NSIC honors and five players were named to the NSIC All-Academic team. Five total players have earned All-Conference honors at Augie under Melsted with one player earning a spot on the All-Regional team in 2008.

Prior to coming to Augustana, Melsted served as the head softball coach at Culver-Stockton College in Canton, Mo., for three seasons. She guided the Wildcats to a pair of appearances in the NAIA Region V Tournament in 2004 and 2006. The 2004 squad finished third at the tournament. Culver-Stockton won the 2004 Heart of America Athletic Conference Tournament championship after finishing fourth in the HAAC during the regular season. The Wildcats finished third in the HAAC in the regular season in 2005 and 2006.



Assistant Coach Katie Kimball 2nd Year

Kimball, a Papillion, NE native, graduated from Augustana in 2004 with a bachelor of arts degree in elementary education. While at Augie, she made two regional appearances.



Assistant Coach Mike Mook 1st Year

Mook, enters his first season as a graduate assistant coach for the Augustana softball team. He will work primarily with pitchers. Prior to coming to Augustana, Mook spent one year as an assistant coach at the Division I level with the University of Illinois-Chicago.



Assistant Coach Kim Kouri

Kouri, a Sioux Falls, SD native, helped lead her team at Augustana to a National Championship in 1991. She was a four time All-American Selection.

Augustana Softball 2010 Schedule

February

- 12-14 Desert Stinger Tourney
- 20-21 RMAC/NSIC Crossover

March

- 10 Nebraska-Omaha (DH)
- 14-21 Rebel Spring Games

April

- 2 Minnesota, Crookston (DH)
- 3 Minnesota State, Moorhead (DH)
- 7 **Upper Iowa (DH)**
- 8 **University of Sioux Falls (DH)**
- 10 **Wayne State (DH)**
- 14 **Winona State (DH)**
- 17 Northern State (DH)
- 18 U-Mary (DH)
- 21 **Southwest Minnesota State (DH)**
- 24 **Bemidji State (DH)**
- 25 **Minnesota Duluth (DH)**
- 27 **Nebraska-Omaha (DH)**
- 28 **Minnesota State (DH)**

May

- 1 St. Cloud State (DH)
- 2 Concordia-St. Paul (DH)
- 7-8 NSIC Tournament

*All home games are in bold. Please check www.goaugie.com for specific game times.



AUGUSTANA SOFTBALL CLINICS 2010



Clinic Dates:

- Sunday, January 24, 2010
- Saturday, February 6, 2010
- Sunday, February 7, 2010
- Saturday, February 27, 2010
- Sunday, February 28, 2010
- Saturday, March 6, 2010
- Sunday, March 7, 2010

Hitting Clinics

Hitting clinics include mechanics, one-on-one instruction in the batting cage, tee drills, vision training drills, and demonstration by the Augie players. Instruction emphasizes good form, swing speed, and positive-feedback. Players will get progressive instruction if they come to more than one hitting clinic.

Advanced Hitting Clinics

The clinic is limited to 25 athletes. Each athlete will get one-on-one instruction, advanced hitting drills as well as a swing analysis. The Augie coaching staff will analyze swings with the help of the Right View Pro computer software. Right View Pro compares athlete's swings to the top hitters in the game!

Pitching Clinics

Beginner and intermediate clinics will include mechanics, practice drills, training instruction and continuous one-on-one feedback. Intermediate clinics will also include basic technique and form instruction on throwing a change-up. Pitchers must provide their own catcher.

Advanced Pitching Clinics

The clinic on Feb.7 is limited to 18 athletes, while the clinic on Feb. 27 is limited to just 12 athletes. The clinic will include advanced technique and form as well as instruction and critique in throwing the drop, rise, drop curve, and change-up. The Augie coaching staff will analyze pitches with the help of the Right View Pro computer software. Right View Pro compares athlete's pitching to the top pitchers in the game! Pitchers must provide their own catcher.

Catching Clinics

Catching clinics will focus on the mechanics of catching posture, glove position, blocking balls, pop-ups, throwing to bases, and retrieving passed balls. Information on calling a game, relationship with the umpire, and helping the pitcher will also be covered. Catchers should bring their gear.

Fundamentals Clinics

Throwing, fielding (infield & outfield), and base-running will be covered. Proper technique and form will be emphasized during a fast-paced Augie player-led series of sessions geared to improve softball skills.



Clinic News

- * Registration for all clinics will take place in the half hour preceding that clinic session.
- * Those attending pitching clinics must bring their **own ball, glove, and catcher.**
- * Please bring your own bat for the hitting clinics, and your own glove for the fielding clinics.
- * Register early! Clinics will be limited.
- * **Cost for clinics:** Advanced hitting and advanced pitching clinics will be \$60 pre-registered; \$65 at the door. All clinics not specified as advanced will cost \$40 pre-registered; \$45 at the door. A discount is offered for enrolling in 4 or more clinics per individual or family. The first clinic is regular price; the following clinics are \$30 each.
- * All hitting clinics will be at the Bill Hall Baseball/Softball Complex located at the corner of 37th St. and Lake Ave. Pitching, catching, and fundamental clinics on Jan. 24 and Feb. 7 will be at the Elmen Center located at the corner of 33rd St. and Grange Ave. Pitching and catching clinics on Feb. 27-28 will be at the Bill Hall Baseball/Softball Complex.

Clinic Schedules

Sunday, Jan. 24, 2010

- #1 Pitching 10:00-11:30am **Grades 7-12**
- #2 Fundamentals 10:00-11:30am **Grades 3-6**
- #3 Pitching 12:30-2:00pm **Grades 3-6**
- #4 Fundamentals 12:30-2:00pm **Grades 7-12**

Saturday, Feb. 6, 2010

- #5 Advanced Hitting 8:00-10:00am **Grades 7-12**
- #6 Hitting 11:00am—1:00pm **Grades 7-12**

Sunday, Feb. 7, 2010

- #7 Advanced Pitching 10:00am-Noon **Grades 7-12**
- #8 Fundamentals 10:00-11:30am **Grades 3-6**
- #9 Pitching 1:00-2:30pm **Grades 3-6**
- #10 Fundamentals 1:00-2:30pm **Grades 7-12**
- #11 Catching 1:00-2:30pm **Grades 3-12**

Saturday, Feb. 27, 2010

- #12 Advanced Pitching 8:00-10:00am **Grades 7-12**
- #13 Catching 8:00-9:30am **Grades 3-12**
- #14 Hitting 11:00am-1:00pm **Grades 7-12**

Sunday, Feb. 28, 2010

- #15 Hitting 10:00am-Noon **Grades 3-6**
- #16 Advanced Hitting 1:00-3:00pm **Grades 7-12**

Saturday, March 6, 2010

- #17 Advanced Hitting 8:00-10:00am **Grades 7-12**

#18 Hitting 11:00am-1:00pm **Grades 3-6**

Sunday, March 7, 2010

#19 Hitting 10:00am-Noon **Grades 7-12**

#20 Hitting 1:00-3:00pm **Grades 3-6**

REGISTRATION FORM

To pre-register, please send this form and your check to:
Augustana Softball Clinics
Elmen Center, 2001 S. Summit Ave
Sioux Falls, SD 57197

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Age: _____

Check which clinic(s) you'd like to attend:

Jan. 24th Feb.6th Feb. 7th Feb. 27th

#1 _____ #5 _____ #7 _____ #12 _____

#2 _____ #6 _____ #8 _____ #13 _____

#3 _____ #9 _____ #14 _____

#4 _____ #10 _____

_____ #11 _____

Feb. 28th March 6th March 7th

#15 _____ #17 _____ #19 _____

#16 _____ #18 _____ #20 _____

Advanced clinics are \$60 each pre-registered; \$65 at the door.
All other clinics are \$40 each pre-registered, \$45 at the door.

AMOUNT ENCLOSED: \$ _____

- Please note: Numbers are limited to provide adequate instruction and participation. Participants will be registered in the order in which their registrations are received.

NO REFUNDS WILL BE GIVEN AFTER THE DAY OF THE CLINIC EXCEPT FOR INCLEMENT WEATHER. SUBMIT ALL REQUESTS IN WRITING.

I hereby release Augustana College, its employees, and Board of Trustees from all claims on account of any injury which may be sustained by my child as a result of participation in the Vikings Softball Clinic. Furthermore, I certify that within the past year my child has had a physical examination and that she is physically able to participate in softball activities. In the event of illness or injury, I hereby give consent for medical treatment and permission to the attending physician to hospitalize, secure proper treatment, and order injections, anesthesia, or surgery.

Parent Signature _____

Work Phone _____

Home Phone _____