



SOFTBALL FACTORY MID - ATLANTIC

FEBRUARY 15 - 16, 2020
Softball Factory Headquarters
Columbia, MD

Softball Factory's Mid - Atlantic Pitching & Catching weekend gives players the opportunity to improve their pitching and fielding mechanics through extensive, hands-on training and video analysis.

Become a force on the mound!

Our Softball Factory Pitching experts will work with each player to help maximize her potential and raise her game to a new level. Learn from experienced coaches who have played the game at the highest level

• **Top Notch Instruction:** Our team of coaches has included:

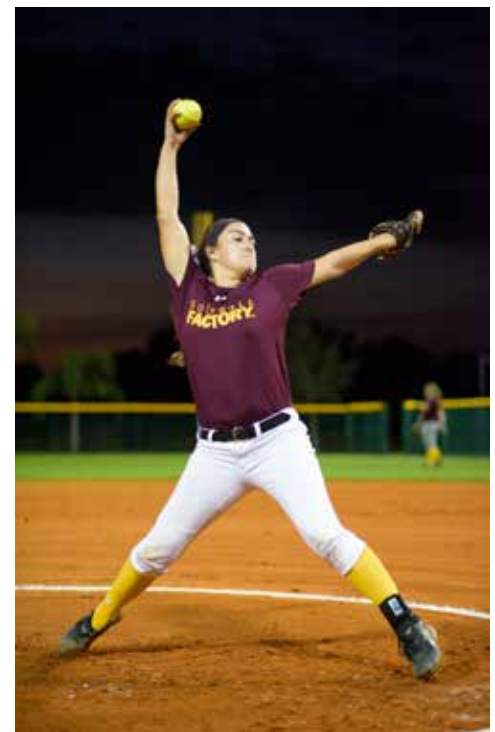
CJ Browder: The Director of Softball Factory attended the University of South Carolina Beaufort and led the team with numerous offensive categories. She received the Sun Conference Player of the Year Award and was named 1st team All-Conference. She is also a former Division I Assistant Coach at Louisiana Tech University

• **Personalized Training:** Our coaches will break down each player's pitching mechanics & defensive fundamentals by closely analyzing every aspect of her pitching style, ability and technique. Players will receive personal recommendations to enhance future success at the plate.

• **Videotape Analysis:** Every player's pitching mechanics will be videotaped and reviewed so that they can see exactly where they need to make adjustments. It is much easier to correct mechanics if you can see what the coaches are suggesting!

• **Confidence:** Players will leave with a game plan tailored to their pitching and fielding approach that will give them confidence not only in practice but also every time they step up to the plate.

• **Training Tips:** Learn the techniques that can help you succeed and propel you towards college softball and beyond.



PITCHING & CATCHING WEEKEND

Date:

Saturday, February 15 – Sunday, February 16th, 2020

Location:

Training will take place at the Factory headquarters which is located at Softball Factory's headquarters- 9212 Berger Rd. Suite 200 Columbia, MD 21046. The facility has three batting cages and a video analysis room.

Lodging Info:

Parents and players are responsible for their own lodging

Itinerary to Include:

- Day 1:** 8:30 AM – 12:30 PM: Player registration at Softball Factory Training Facility
Review of defensive/pitching fundamentals,
small group instruction, videotaping sessions, pitching analysis
- Day 2:** 8:00 AM – 12:00 AM: Pitching/Catching drills, Bullpen work,
Review of instruction learned

Past Coaches Include:4

Nancy Evans: Nancy is one of the most decorated softball players in NCAA history. Evans played on 3 NCAA National Championship teams at Arizona University from 1994 - 1998. Her 124-8 career pitching record is No. 1 in NCAA softball history. She is a two-time, NCAA First Team All American, 1997 College World Series MVP & 4 time All-Pac 10.

CJ Browder: CJ attended University of South Carolina Beaufort and in her first year led the team in numerous offensive categories including batting average, homeruns, RBI's and runs scored. She received the Sun Conference Player of the Year Award, 1st Team All-Conference, NAIA All American, NFCA All American and NFCA 1st Team All Region. CJ finished her playing career at Reinhardt University.

Important Event Info:

- Players and their parents/guardians are responsible for booking their own lodging (if necessary)
- Players and their parents/guardians are responsible for their own transportation to and from the Softball Factory Training Facility
- Players need to bring all necessary softball equipment for training
- Players receive a detailed player info pack upon registration