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2018 // ISSUE IV

BALLS AND STRIKES

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BALLS AND STRIKES

Official Publication of
USA Softball
2018 \ Issue IV

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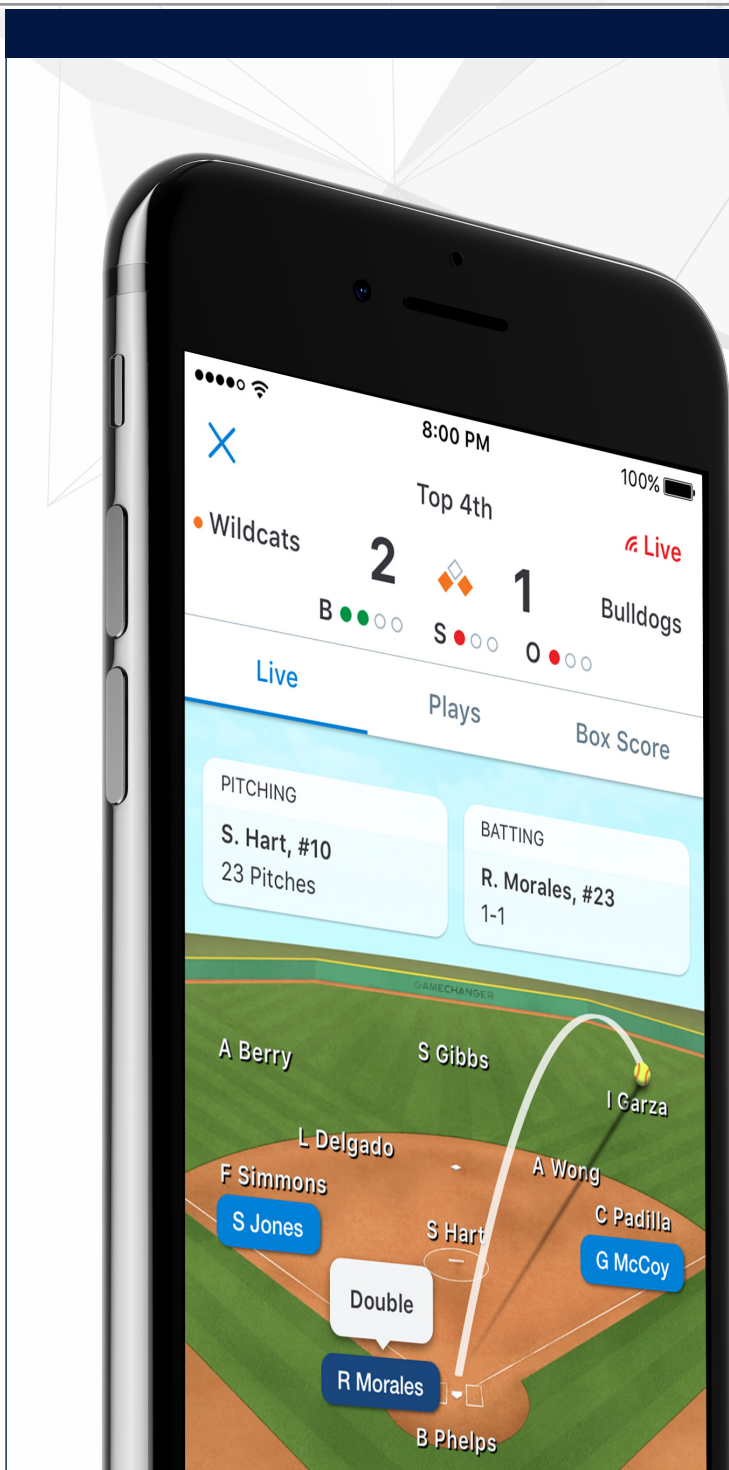
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Greetings All!

It's already time for the year-end issue of Balls and Strikes. I find that hard to believe. 2018 has gone by in a blur of activity, as USA Softball conducted over 70 National Championships as well as numerous Coaching Schools, Umpire Clinics and National Team Tryouts and competitions. Not to mention the literally thousands of local leagues and tournaments that play under the USA Softball banner. Thank you to all of you who play USA Softball.

2019 begins the 86th year of our organization's existence. As the Amateur Softball Association of America and now USA Softball we have been providing opportunities to all who wish to participate in our sport since 1933. Since taking office one of my initiatives has been to look at our tournament program and find ways to make it easier for teams to qualify and participate in our events. Last year I discussed not resting on our laurels and making it as easy as we can for people to join our organization and play. I think some of the things we did in Oklahoma City at our recent annual Council Meeting does just that. I believe we have given our Local Associations the flexibility needed to give teams the opportunity to qualify early and play USA Softball. For that I thank the Council for looking ahead and not maintaining the status quo. With these changes and the advent of the Junior Olympic (JO) Cup and the All American Games we have found alternative avenues for participation in our youth program and it is my hope that we continue to look for ways to engage our members and to provide the opportunities for play that they are looking for on the adult side as well.

LETTER FROM THE PRESIDENT



Another of my initiatives was to create long-term, sustained funding for our National Teams program. Unlike a lot of other countries, our sport and all other sports that compete on the International stage wearing the Red, White and Blue do not receive government funding. It can be extremely difficult to provide enough funding to fully support all of our teams, which includes not only the Women's National Team that will participate in the 2020 Tokyo Games, but our Junior Women's, Junior Men's, and Men's Fast Pitch National Teams, and our Men's and Women's Slow Pitch National Teams. All need support in order to compete at the international level. Thankfully we have a host of sponsors and what we like to call friends of our program who provide a lot of that support, but we need more. We need YOUR help. All of you out there who love the game of softball and want to see Team USA have success across all of the various competitions can help us in that goal.

Last September the USA Softball Board of Directors approved the creation of an Endowment Fund whose sole purpose is to provide funding for our National Teams. This Endowment was created within the Oklahoma City Community Foundation and all dollars raised cannot be used for any other purpose than to support our National Team programs. The Board seeded the Fund with a \$200,000 contribution while an additional \$50,000 was also pledged by several Local Associations and individuals at our Council Meeting. While the USA Softball Legacy Club still exists, and provides immediate funding on a yearly basis, the Endowment Fund was established as a means of creating a steady funding stream that would build over time. As the fund grows, so does the annual support to our teams. Many entities have endowments, including almost every major university and countless museums, hospitals, performing art centers and a host of other

organizations whose purpose is for the public good. While the Legacy Club is like a three-run homer, the Endowment is a sustained rally. Both serve a positive purpose, but in different ways.

Donations to either fund are always accepted and appreciated. To make a donation to the Endowment Fund go to <https://occf.org/usas/>. To join the Legacy club go to <https://www.teamusa.org/USA-Softball/Legacy-Club/JoinRenew-Membership>. I am very proud of our Board of Directors for taking the bold step in establishing the Endowment Fund, which was long overdue. Please promote both of these fundraising arms to everyone you know who supports USA Softball. Sometimes all you have to do is ask.

USA Softball wishes all of you a happy and safe holiday season, and looks forward to another great year of softball in 2019.

John Gouveia





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What changes are in store for the 2019 season and beyond? Find a quick reference guide for 2019 Code, Rule and Procedural Manual changes that were recently passed at the USA Softball Annual Meeting! [Click here for more information!](#)

WHO WILL MAKE TEAM USA IN 2019?



Athletes will be heading to Clearwater, Fla. December 28-January 6 for the opportunity to represent the United States. Read more about the Junior Women's, Women's and Men's National Team Selection Trials on page 36.



 **SOFTBALL**



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FACES ON THE FIELD

Every year, USA Softball has 924,000 Junior Olympic (JO) athletes playing on more than 77,000 teams while over 1 million adults play on 88,000 teams across the United States. Meet Abigail, Abigail, Anna, Brooklyn and Teresa... athletes who are proud to play #USASoftball!



ABAGAIL, 14

North Carolina
Carolina Cardinals - Prosser
Girls' 14-Under Fast Pitch
Catcher

HER START

I was five when I started playing softball for my local rec ball league. I got asked to be a pickup player when I was nine for a travel team and I have played every year since then.

FAVORITE PART OF PLAYING SOFTBALL

Being around my teammates and having fun. I truly love my team and my teammates!

GOALS IN SOFTBALL

My main goal in softball is to work hard to get better every year. If I get the opportunity to play at a college level that would be great, but that isn't my main goal for playing softball. I want to compete and enjoy the game. If I can contribute to my team's success every weekend, then I'd say I would have met any goals I have set for myself.

BIGGEST ACCOMPLISHMENT

My biggest accomplishment that I think we have had as a team is finishing runner up in the USA Softball of North Carolina State Championship two years ago. We played our hearts out and truly left everything on the field.

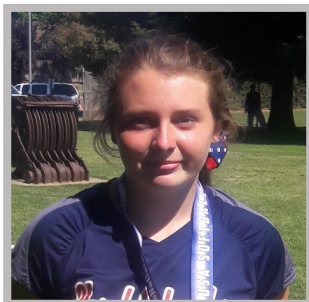
TOUGHEST OBSTACLE

The toughest obstacle I've had to overcome in the sport is finding a team that gave me a chance to prove my worth. I was to the point of giving up on the game due to not ever getting the chance to earn the positions I really wanted to play and Coach Prosser gave me that opportunity.

ROLE MODELS IN THE GAME

My biggest role model is Jen Schro. I have attended her retreats and work on my catching drills by the way she teaches.

FACES ON THE FIELD



ABIGAIL, 12

California
Yard Sharks '06
Girls' 12-Under Fast Pitch
Pitcher, First Base, Outfield

HER START

I watched my sisters play until I was four and then I joined Sacramento Girls Softball. I made the 8-Under All Star team my first year then I played rec ball until I was nine. After that I moved on to the Yard Sharks with Coach Jim Albin.

FAVORITE THING ABOUT PLAYING SOFTBALL

Playing with and competing against my friends over the years.

MOST MEMORABLE EXPERIENCE

Winning the Natomas Shootout three years in a row and then winning the Greater Sacramento Softball Association Championship three years in a row. We have also made three trips to the California state games.

ROLE MODELS IN THE GAME

Jennie Finch has had the most influence on my delivery and Ali Burr for my hitting.

TOUGHEST OBSTACLE TO OVERCOME

Changing my delivery as my body type has changed over the years.



ANNA, 12

North Carolina
Team North Carolina - Hinde
Girls' 14-Under Class A Fast Pitch
Third Base, Catcher

HER START

I started playing when I was seven years old by playing in a local recreation league.

FAVORITE THING ABOUT PLAYING SOFTBALL

Being able to travel to many different places with some of my best friends to play a game that I love.

GOALS IN SOFTBALL

To play at the collegiate level.

BEST EXPERIENCE SHE'S HAD PLAYING SOFTBALL

Being part of the team that won the USA Softball of North Carolina State Championships in both 10-Under and 12-Under and finishing ninth at the USA Softball National Championships in 12-Under this year.

TOUGHEST OBSTACLE

Being the youngest player on my team (I play two grades up), I have to work hard to remain competitive and strong in order to contribute to my team's success. I also have to manage my time carefully during travel season so that I can maintain straight A's.



FACES ON THE FIELD



TERESA, 6

Texas
The Woodlands Force
Girls' 6-Under Fast Pitch
First Base, Pitcher and Rover

HER START

In the fall of 2017 my parents signed me up to play for recreation softball.

FAVORITE THING ABOUT PLAYING SOFTBALL

The feeling of accomplishment when I make contact with the ball.

GOALS IN SOFTBALL

To play for a select team and win Championships and play in college.

TOUGHEST OBSTACLE

I was having a hard time at the plate and my parents got me a private coach and now I bat much better. It was hard when I would strike out. I didn't like how it felt.

ROLE MODELS IN THE GAME

College players - they're so good!



BROOKLYN, 11

Oregon
Oregon Blaze
Girls' 12-Under Class B Fast Pitch
Shortstop

HER START

I began playing when I was nine years old.

GOALS IN SOFTBALL

To be better than I was yesterday.

FAVORITE THING ABOUT PLAYING SOFTBALL

I love being out on the field with my team, the friendships that I make and the skills it gives me to prepare for my future.

MOST MEMORABLE EXPERIENCE

One game we played this fall we were down by a lot but had a really good inning and came back to make it a really close game. Even though we lost, we knew if we had pulled together and played better at the beginning of the game we could have beaten a team that we originally thought was better than we were.

WHAT SOFTBALL ACCOMPLISHMENT ARE YOU MOST PROUD

Winning the defensive Most Valuable Player award as a first year 12-Under player that was voted on by my opponents.

ROLE MODELS IN THE GAME

My aunt who currently plays for Mississippi Valley State. She has played since she was around my age. I want to be an all around good athlete like she is.

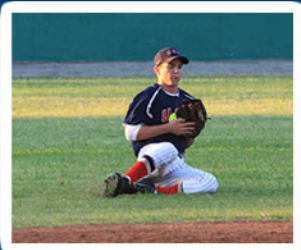
TOUGHEST OBSTACLE TO OVERCOME

Getting over my own nerves at the plate. Sometimes it's hard to let go of the fear of striking out!



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TM



USA SOFTBALL OF NORTHERN CALIFORNIA COACH AND TECH GURU GIVES BACK TO HIS LOCAL COMMUNITY



Kemp (green jacket) addresses the team during a game.

Mountain-View Los Altos (MVLA) – and made those leagues’ all-star summer travel teams up through the age of 13, with Tom as the assistant coach.

For her second year of 14-Under and beyond, Jolie moved on to Bay Area-based, A-ball travel teams such as the NorCal Blitz and then played high school softball at Castilleja High School in Palo Alto, where she was captain of her team her senior year and an all-league player. For

Jolie’s A-ball and high school career, Tom happily resumed his role as a fan. Tom’s son Griffin also played a few years of baseball, so Tom was still able to get his coaching fix in as an assistant baseball coach.

As his eldest daughter started playing A-ball, Tom’s youngest daughter Ella – who is seven years younger than Jolie – also wanted to play softball. With Ella, Tom found himself in the opposite position of going from the parent who knew very little of softball to having the most amount of experience based on his softball and baseball coaching experience. So he started his head coaching role with Ella and her teams at the 6-Under level and up, including her summer travel teams

at the 8-Under level and up through her current 12-Under travel team.

After 10 years, Tom had gone from a softball neophyte to the person who had gotten the softball bug to the point that this past fall he formed (and served as head coach) an independent 12-Under travel team – the Palo Alto Redwoods – and just recently signed up to be head varsity softball coach of a local high school – Menlo-Atherton High School.

Independent of Tom evolving into a softball dad and head coach, Tom works in the tech industry in Silicon Valley, and 14 years ago took a chance and founded a cybersecurity company called Centrifry. During the formation of his company, he worked with a group called the Entrepreneurs Foundation to set aside some stock options that would be donated to non-profit organizations if the stock options were ever became worth anything. As the years passed, that stock option grant faded from Tom’s memory.

Over 14 years Centrifry grew into a company that produced over \$100 million per year in revenue as one of the leaders in cybersecurity, and through these years Tom as Chief Executive Officer (CEO) wanted to be sure Centrifry gave back to the local community. He



USA SOFTBALL OF NORTHERN CALIFORNIA COACH AND TECH GURU GIVES BACK TO HIS LOCAL COMMUNITY CONT.

saw first-hand the benefits that softball and youth sports in general could do to the confidence of young girls and boys, so he started a company program of sponsoring local youth sports teams that employees' kids played on. Through this program Tom would also sign Centrifry up as a sponsor of his kids' baseball and softball teams. Over the years Centrifry would spend tens of thousands of dollars sponsoring youth sports teams throughout the United States.

Fast forward to the summer of 2018 and after many years of hard work, Centrifry was acquired. Tom was reminded after the acquisition of his stock option grant to the Entrepreneurs Foundation, which itself had merged with the Silicon Valley Community Foundation (SVCF) over 10 years ago. The good news was that long-ago stock option grant was now actually worth something, and Tom and Centrifry had a pool of money to give to non-profits in the form of grants through the SVCF.

Tom decided to use that money to further his company's youth sports sponsorship program and opened it up to employees to nominate youth sports organizations throughout the United States. Centrifry employees nominated dozens of organizations, and grants were made to organizations ranging from the Tremors Youth Soccer Club in Hollister,

Calif. to the Colts Youth Club in Yonkers, N.Y. to Girls on the Run in Atlanta, Ga. to the Asian Sports Foundation in Sacramento, Calif. In addition, Kemp directed the fund to donate \$4500 to the Parks and Recreation Department of the town of Paradise, Calif. that was devastated in the recent camp fire that ravaged Northern California.

From this fund Tom also set aside over \$100,000 to support girls fastpitch recreation leagues throughout Northern California as well as local Bay Area high school softball teams. After consulting with John Gouveia, Commissioner of USA Softball of Northern California (Nor Cal) and President of USA Softball, and the staff at the Nor Cal USA Softball office, Tom was able to identify over 60 recreational softball leagues in the Bay Area and beyond that each received over \$1500 in grants.

Geographically, the leagues receiving grants went as far north as the Fort Bragg Girls Softball Association to all the way down to the King City Recreation Department that has a girls' youth softball league – meaning softball leagues over 300 miles up and down the California coastline received a grant.

Tom was amazed at the response he received from the softball leagues.



“Many of the leagues told me that they had never received a grant as big as this and how far this money could go in terms of buying new equipment such as gloves and bats or even funding scholarships for girls who would not normally be able to afford to play softball,” said Tom.

Many of the leagues receiving grants are in rural parts of Northern California, such as Pajaro Valley, where many of the girls who play softball are the children of farm workers. Other leagues, such as Fort Bragg, are mainly comprised of children of military servicemembers.

“It is really heart-warming to see the diverse group of young girls and communities who will get benefits from these grants, all bound together by their love of softball. It is cool to see a stock option grant made over 14 years ago was able to finally come to fruition and be able to make a difference,” added Tom.

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NEWS & NOTES

GET READY FOR THE 2019 USA SOFTBALL NATIONAL TEAM SELECTION TRIALS!



USA Softball will be selecting the 2019 National Team rosters for the Men's, Women's and Junior Women's National Team Programs this December 28-January 6 in Clearwater, Fla. In total, 41 athletes will vie for a spot on the Women's National Team roster, while 30 athletes each will try out for the Men's National Team and Junior Women's National Team. Key events on

the schedule for the 2019 international season: the WBSC Men's and Junior Women's World Championships, the Pan American Games and the USA Softball International Cup. Read more about the athletes invited on page 36.

WOMEN'S NATIONAL TEAM CLAIMS 2018 JAPAN CUP



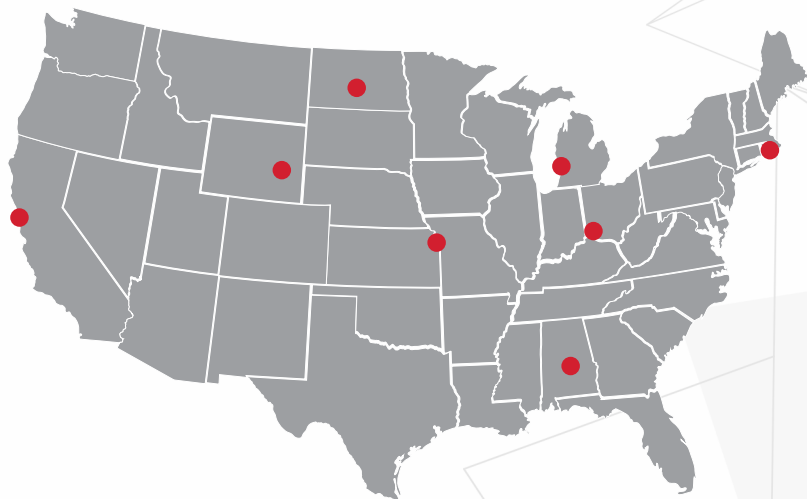
The USA Softball Women's National Team capped off their 2018 season with another title after blanking No. 2 Japan 4-0 in the finale of the 2018 Japan Cup. Behind the strong arm of Monica Abbott, who was named the Japan Cup Most Valuable Player, the U.S. had three shutout victories at the event.

NATIONAL TEAM HEAD COACHES NAMED FOR 2019 SEASON



The Head Coaches for the 2019 Women's, Men's and Junior Women's National Team rosters have been announced. Leading the Women's National Team for his ninth-consecutive season is Ken Eriksen (Tampa, Fla.). Eriksen, current Head Coach at the University of South Florida, has compiled a 52-4 record in major international play (Olympic Games, World Championship and Pan American Games) and sits second in wins for the program as Head Coach. Gregg Leather (Staten Island, N.Y.) will once again guide the Men's National Team during the 2019 season. Having served on the coaching staff since 2014, Leather stepped into the role of Head Coach in August of 2017. Heather Tarr (Redmond, Wash.) has been selected as the Head Coach of the 2019 Junior Women's National Team. Currently the Head Coach at the University of Washington, Tarr has previous international experience as a member of the Women's National Team coaching staff since 2017.

ATTEND A 2019 USA SOFTBALL NATIONAL UMPIRE SCHOOL



- **Montgomery, AL**
- **Holland, MI**
- **San Bruno, CA**
- **Douglas, WY**
- **Kansas City, MO**
- **Bismarck, ND**
- **Smithfield, RI**
- **Cincinnati, OH**

Umpires from around the country have the opportunity to attend a 2019 USA Softball National Umpire School. A total of eight schools, including an Advanced Camp for Fast Pitch, will take place through June, 2019. Run by a team of National Umpire staff members, participants will receive hands-on personal instruction for USA Softball umpiring, including base and plate mechanics. Find out more information about the 2019 National Umpire Schools on page 33.



USA SOFTBALL APPOINTS NEW ASSOCIATION COMMISSIONERS IN NEW YORK AND KANSAS

Two State Associations have new leaders to begin the 2019 season as David Copeland (Clifton Park, N.Y.) and Wayne Burns (McPherson, Kan.) have been named Commissioner of New York and Kansas, respectively.

Copeland, who previously served as the Junior Olympic (JO) Commissioner for the New York association, has over 20 years of experience in the softball industry in addition to his 26 years with the Army National Guard.

Burns will lead the Kansas association after 30-plus years of involvement with the sport of softball. A former slow pitch player, Burns serves as the Director of Public Lands and Facilities for the city of McPherson, Kan. with an emphasis in sports administration.

USA SOFTBALL UNVEILS NATIONAL CHAMPIONSHIP BRANDING

USA Softball is proud to unveil the new National Championship Finals branding, which will be implemented beginning with the 2019 season. Proudly identifying the event as an official USA Softball National Championship, this branding will ensure that USA Softball National Championships are positioned across all communication platforms in a powerful and consistent manner.



Highlights of the National Championship include distinct coloration to identify the level of play for each National Championship. The GOLD National Championships are primarily gold, while the highest level of play for each classification will be noted by a red-themed logo. Territorial Championships and the remaining National Championship Finals will be identified by a silver-theme.

USA SOFTBALL INDUCTS EIGHT INTO NATIONAL SOFTBALL HALL OF FAME

Eight of softball's finest who left their mark on USA Softball history were formally inducted into the National Softball Hall of Fame this evening at the 38th Annual Hall of Fame Induction Ceremony. In front of nearly 500 friends, family members and administrators from all across the country, it was an evening that celebrated the accomplishments and moments that forever left a mark on the history of the sport of softball. Read more about the inductees on page 58.



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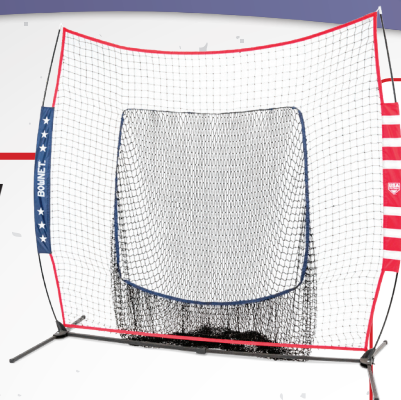


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- Soft comfort interior



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(BN-BUCKET W USA SB)

- 6 ga. bucket
- Holds 3 dz. softballs
- Padded foam lid



USA Bucket Bag

(BN-BUCKET BAG USA SB)

- Holds 6 ga. bucket
- Side zipper makes installing bucket simple
- Fungo/bat sleeve
- Protective felt lined pocket for tablet
- Water bottle holder



USA Ball Bag

(BN-BALL BAG USA SB)

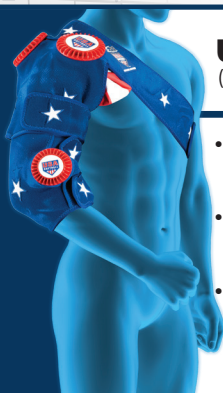
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USA Double Knee

(ICE-DBL-KNEE USA SB)

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- Two 11" Refillable ICE20 Bags
- Durable mesh carry bag



USA Double Shoulder

(ICE-DBL-SHOULDER USA SB)

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- Durable mesh carry bag



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SOCIAL MEDIA:   
LET'S HEAR FROM YOU!

If there's one thing we love at USA Softball, it's interacting with softball fans from around the world! Are you following along on social media? Share your photos and be sure to tag @USASoftball with the hashtag #USASoftball for a chance to be featured in an upcoming issue of Balls & Strikes Magazine!



"As we get ready to close out 2018, here's one last tip of the cap to DBO, the USA Softball E Northern National Champions. #SlowPitch #USASoftball"

@NEBSLOWPITCH



"Girls Florida State Fall Championship #USASoftball"

@DALEWILSEY



"It's a fun time when a USA National Team member shows up at your game."

-USA SOFTBALL OF FLORIDA



"Literary Character Day at school. #ThrowLikeAGirl is Reagan's favorite book so she went as @jfinch27 today. #27 #redribbonweek #usasoftball"

@LEYNADOMINIC





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BUILDING TO 2020 AND BEYOND

The end of the year brings a close to another great season of #USASoftball. With millions of athletes, coaches, umpires and fans alike playing the best sport in the world, there's a lot to be thankful for as we head into the 2019 year.

From qualifying for the Tokyo 2020 Olympic Games to new and inventive berth allocations to USA Softball National Championship Finals, if there's one thing that 2018 has shown is that's the future is bright for the sport of softball. More and more opportunities are being provided for people of all ages to stay involved in the game they love at a variety of levels.

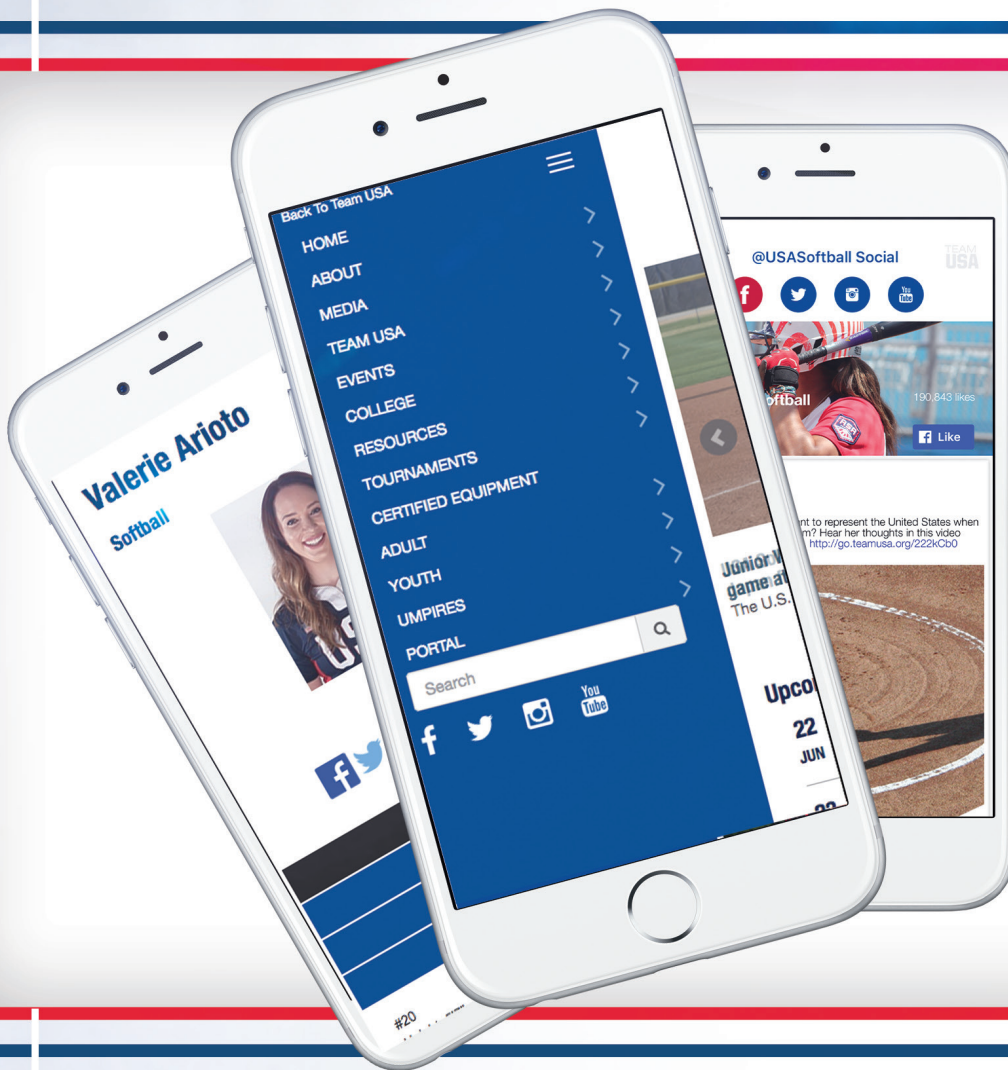


Here, we highlight some of the upcoming changes to USA Softball that will be implemented in the 2019 season.

- Code Article 301 C 02 e 02: Men's Class A teams may now have five athletes from the restricted slow pitch player list per roster. This increased from previous years, which only allowed for three.
- Code Article 314: Junior Olympic (JO) teams may qualify for Class A National Championship Finals through their state/metro association. This eliminated the number of berths allowed for each Championship Finals and eliminates National Qualifier.
- Procedural Manual Article 111 D 01: A USA Softball-registered umpire may umpire one fast pitch and one slow pitch National Championship Final per year.



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BY: HAYLIE MCCLENEY

LET'S GET FASTER

In softball and pretty much any other sport, speed is crucial. I would even venture to say that it can make or break you in terms of playing time, especially in the outfield, but even more so on the base paths. In fact, a number of studies actually show that speed is the deciding factor between starters and nonstarters in team sports (ref. 1-3).

I was lucky and born with speed. I was fast from a young age, but over the years I have added some drills to my training that have helped me hone in my form and become more efficient.

Efficiency is a crucial point when we are talking about speed. The quickest way from point A to point B is a straight line, and often times when we are not sprinting our best, it is because we are not putting our bodies in the proper position to move from point A to point B as fast as possible.

Before diving into this, I would also like to add in a tiny disclaimer. There is a genetic ceiling when it comes to increasing your ability to sprint, meaning that how fast your mom and dad are plays a big role in how fast you can be. Because of this, it is important that realistic expectations and goals are set when trying to decrease your home to first time.

Now that everyone just yelled at their parents for not being Olympic sprinters, let's dive into some stuff that can make you as fast as you can possibly be.

Get Stronger. This is without a doubt a precursor to any speed development, especially when we are talking about youth and adolescent athletes. There has to be some baseline strength that you have in order to maximize your speed. Sprinting is an extremely powerful movement. The equation for power is $\text{power} = \text{force} \times \text{velocity}$. Strength training is the key to developing the force aspect of that equation. The higher the force we can produce, the more powerful we are going to be. **There are three main reasons why strength is so important when it comes to speed, particularly lower body strength.**

Some foundational lower body exercises that should probably appear in your training programs to increase the body's force capabilities:

- Squat variations
- Deadlift variations
- Power cleans or other Olympic-style derivatives (clean pulls, hang cleans, high pulls, etc.)
- Kettlebell swings
- Lunge variations

Here are a few example drills to aid in sprint technique, just make sure you are emphasizing high knees, high toes, proper arm action, driving the foot into the ground, and rapid hip flexion in the exercises:

- Seated Sprinter Arms
- High Knee Marches
- High Knee Swwkips
- A Skips
- Skips for Height
- Skips for Distance
- Push-Up Starts
- Rollover Starts
- Falling Starts

1. Rate of Force Development (RFD)

RFD is a measure of explosive strength, or how fast an athlete can develop force. Strength training allows us to generate more force, and depending upon the speed of which we move that weight, allows us to enhance our rate of force development. Increasing RFD means that we can explode out of the blocks or off the base and have a quick and powerful first step. An increase in RFD has been directly linked with a sprint performance increase (ref. 4)

2. Ground Reaction Force - Ground reaction force is the force exerted by the ground on a body in contact with it. Meaning the harder you push that foot into the ground, the harder the ground will "push back". In order to increase ground reaction force, we must increase our own individual force, meaning we must increase our unilateral lower body strength. A recent study found that exerting a large propulsive force during the entire acceleration phase, suppressing braking force when approaching maximal speed, and producing a large vertical force during the maximal speed phase are essential for achieving greater acceleration and maintaining higher maximal speed, respectively (ref. 5).

3. Stretch-Shortening Cycle (SSC) - A stretch-shortening cycle occurs when a muscle or muscle group is stretched and then immediately shortened, like a rubber band. Its actions make use of tension and the length-impulse response to the motor neural system. Typically, plyometric exercises make use of the SSC (things such as jumps, hops, skips, etc.) but a foundation of base strength is recommended before pursuing a plyometric program for athlete safety. For strength training purposes specifically, the SSC can be targeted by training with eccentric and isometric variations of bilateral and unilateral lower body movements.

Haylie McCleney has been a member of the Women's National Team and is a Certified Strength and Conditioning Specialist. If you'd like to contact Haylie for consultations, email mccleneystrength@gmail.com

LET'S GET FASTER (CONT.)

Technique.

Technique is something that everyone can get more proficient at. The more enhanced our technique becomes, the more efficiently we can get from point A to point B. Mentioned, earlier, the equation for power is $\text{power} = \text{force} \times \text{velocity}$. By focusing on maximal intent while sprinting, as well as moving weights as fast as possible when resistance training, we can increase our velocities - therefore increasing power and therefore increasing speed. As with pretty much anything in sport, the key to developing proper technique is repeated deliberate practice, so get your HIGH QUALITY reps in. Let's break this technique down joint by joint.

The Ankle:

Upon the initiation of acceleration, the ankle should be dorsiflexed, meaning that the toes are pointing up. This allows the foot to drive into the ground at an optimal angle to produce the most force, aiding particularly in ground reaction force (in the picture, look at my right ankle).

The Knee:

Knee drive in the sprint is crucial. With the knees driving up and forward, they will generate more power and encourage an optimal stride length to cover more distance. Focus on driving the knees both up and out (in the picture, look at my right knee).

The Hip:

First, hip extension to initiate acceleration is important. This occurs with the lead leg to start, again aiding in ground reaction force, as when the hip is extending it is pushing the foot into the ground (in the picture, this is my left leg). Secondly, rapid hip flexion allows the knee to drive up and keeps the cyclical rhythm of the strides optimized (in the picture, my right leg).

The Arms:

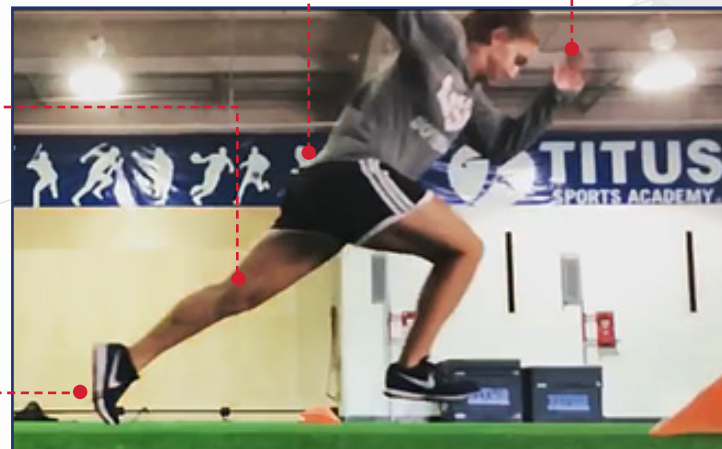
A cue I like to use with arm action in the sprint is "cheek to cheek." Meaning that the hands should travel from the face to behind the hip in a loose, fast fashion. If this is achieved, normally the elbow angle will be just around 90 degrees. In addition, the arms should move opposite of the legs (i.e. left arm up, right knee up).

The Powerline: The body as a whole should be in a straight line from the head to the heels upon the initiation of acceleration, at roughly 45 degrees.

This angle will increase with every stride until maximum velocity (which is rarely, if ever achieved in softball, due to the short bases a circular nature of the base paths). In the picture, you can see I am a little upright, this is due to my right heel being a little too far forward. Ideally, I would like to see that right heel a little more towards my right glute, but it brings up an awesome point. Even with all the sprint training that I have had, combined with the genetics I was blessed with, there are STILL things that I can clean up. The goal with speed training should always be daily progress, not perfection.

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2019 GOLD NATIONALS SET TO RETURN TO PLANO, TEXAS

Plano, Texas will once again serve as host to the USA Softball Girls' 16-Under and 18-Under GOLD National Championships. Hosted by USA Softball of Dallas/Ft. Worth and Visit Plano, the 2019 GOLD Nationals are slated for July 28-August 3.

"Thank you to USA Softball for the opportunity to host the 2019 USA Softball GOLD Nationals in Plano," said USA Softball of Dallas/Ft. Worth Commissioner, Dave Devine. "In 2018, the energy at Heritage Yards and the support from the city and Visit Plano was unmatched and we were blown away by the experience of hosting this great event with them. We want Plano, Texas to be synonymous with hosting USA Softball Nationals and we look forward to making 2019 even bigger and better."



Games will be played at Heritage Yards, a nine-field complex that features grandstand seating on their premier championship field. With covered pavilions, multiple concessions locations and a central operations building, Heritage Yards also has fenced warm-up areas for teams.

With convenient access to two major airports, Plano offers visitors and teams a variety of daytime and nighttime

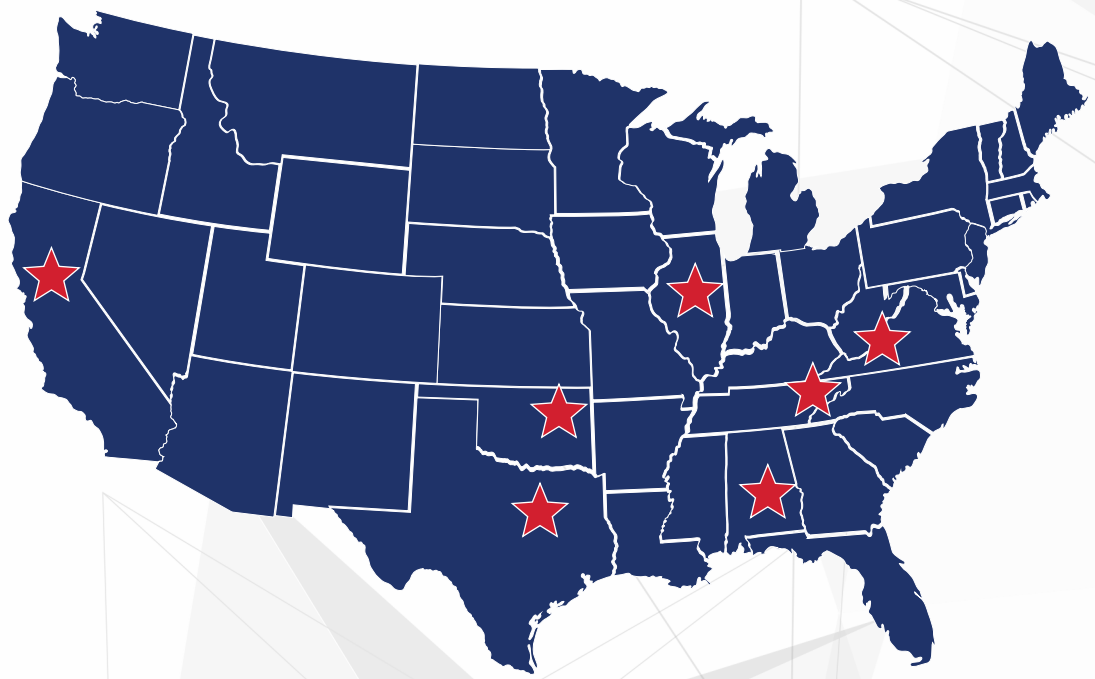
activities. Just a few minutes north of Dallas, Plano accommodates the most diverse budgets and preferences for teams and fans attending the GOLD Nationals.

"Visit Plano and the athletics staff of Plano Parks and Recreation is thrilled to host the GOLD Nationals for the second consecutive year," said Sports Tourism Manager for Visit Plano, Cissy Aberg. "We look forward to improving on last year and having lots of fun doing it!"

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Normal, IL
- JULY 22-27, 2019**
USA Softball Fast Pitch Girls' A 14-Under
Roseville, CA
- JULY 22-28, 2019**
USA Softball Fast Pitch Girls' A 16-Under
Salem, VA
- JULY 22-28, 2019**
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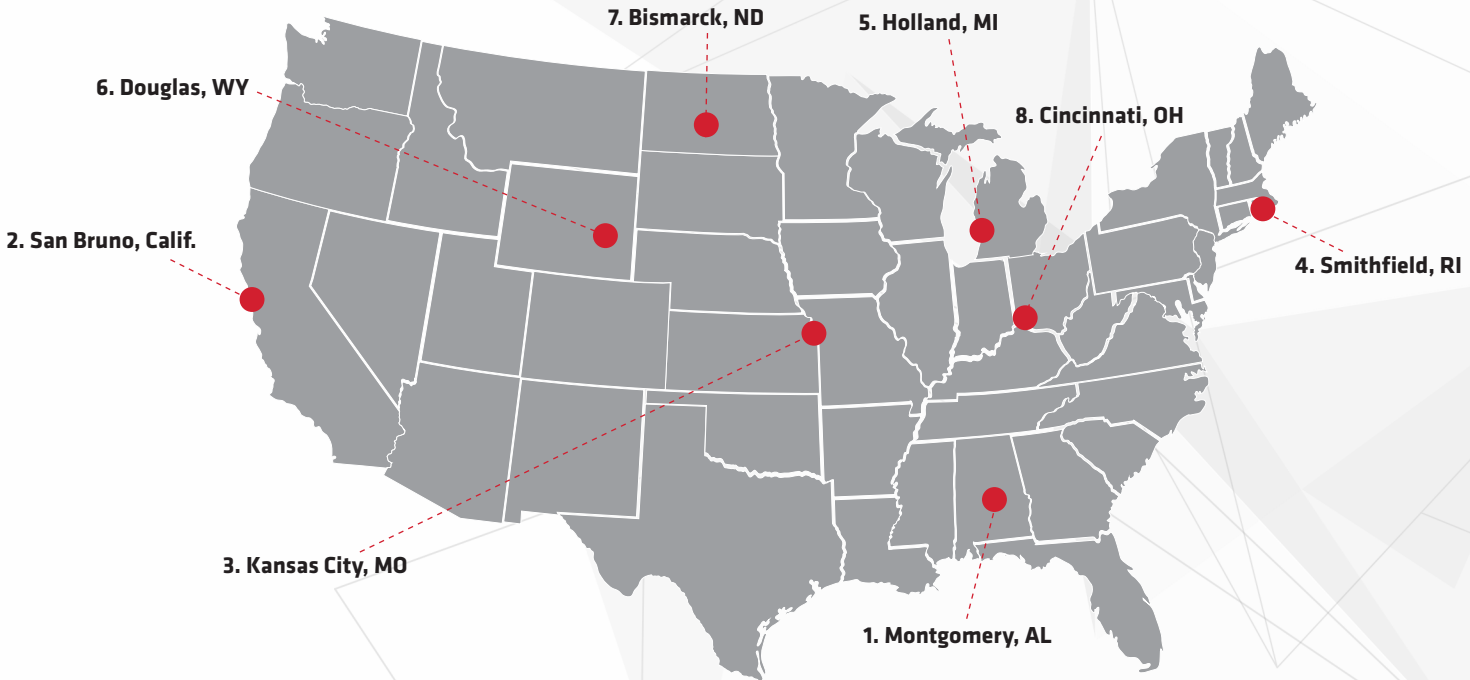
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OVER 100 ATHLETES TO ATTEND NATIONAL TEAM SELECTION TRIALS IN CLEARWATER, FLA.



Three USA Softball National Teams will hold selection camps December 28-January 6 in Clearwater, Fla. as athletes look to make the Women's National Team (WNT), Men's National Team (MNT) and Junior Women's National Team (JWNT). In addition to the Selection Camps, there will also be an open tryout opportunity for athletes hoping to make the 2019 JWNT.

For the Junior Women's program, the team will be competing at the World Baseball Softball Confederation (WBSC) Junior Women's World Championship in Irvine, Calif. For the Men, the team will be competing at the WBSC Men's World Championship in Prague, Czech Republic while both the MNT and WNT will participate at the 2019 Pan American Games in Lima, Peru.

WOMEN'S NATIONAL TEAM TRIALS PARTICIPANTS

- Monica Abbott (Salinas, Calif.) • Ali Aguilar (Orangevale, Calif.) • Jocelyn Alo (Hauula, Hawaii)
- Valerie Arioto (Pleasanton, Calif.) • Kelly Barnhill (Marietta, Ga.) • Sis Bates (Ceres, Calif.)
- Kylan Becker (Miami, Fla.) • Ally Carda (Elk Grove, Calif.) • Lauren Chamberlain (Trabuco Canyon, Calif.) • Amanda Chidester (Allen Park, Mich.) • Kasey Cooper (Dothan, Ala.) • Taylor Edwards (Murrieta, Calif.) • Miranda Elish (Crown Point, Ind.) • Hannah Flippen (Bonita, Calif.) • Courtney Gano (West Covina, Calif.) • Rachel Garcia (Palmdale, Calif.) • Chelsea Goodacre (Temecula, Calif.)
- Delanie Gourley (Lakeside, Calif.) • Carley Hoover (Clemson, S.C.) • Jazmyn Jackson (San Jose, Calif.) • Sahvanna Jaquish (Highland, Calif.) • Kelly Kretschman (Indian Harbour, Fla.) • Amanda Lorenz (Moorpark, Calif.) • Paige Lowary (Dallas Center, Iowa) • Haylie McCleney (Morris, Ala.)
- Mo Mercado (Temecula, Calif.) • Kirsti Merritt (Lake Panasoffkee, Fla.) • Jessica Moore (Sutter, Calif.) • Michelle Moultrie (Jacksonville, Fla.) • Dejah Mulipola (Garden Grove, Calif.) • Aubree Munro (Brea, Calif.) • Madilyn Nickles (Merced, Calif.) • Danielle O'Toole (Upland, Calif.)
- Cat Osterman (Houston, Texas) • Shelby Pendley (Rio Rancho, N.M.) • Janie Reed (Placentia, Calif.) • Keilani Ricketts (San Jose, Calif.) • Delaney Spaulding (Rancho Cucamonga, Calif.)
- Kelsey Stewart (Wichita, Kan.) • Nicolette Udria (Covina, Calif.) • Megan Wiggins (Snellville, Ga.)

JUNIOR WOMEN'S NATIONAL TEAM TRIALS PARTICIPANTS

- Jadelyn Allchin (Huntington Beach, Calif.) • Raigan Barrett (Puyallup, Wash.) • Riley Blampied (Cordele, Ga.) • Lauren Bobowski (Macomb, Mich.) • Ciara Briggs (Orange, Calif.) • Jayda Coleman (The Colony, Texas) • Julia Cottrill (Stillwater, Okla.) • Gabi Deters (Bowling Green, Ky.)
- Charla Echols (Newnan, Ga.) • Megan Faraimo (San Diego, Calif.) • Montana Fouts (Grayson, Ky.) • Alyssa Garcia (Chula Vista, Calif.) • Alexis Kilfoyl (Land O'Lakes, Fla.) • Cassidy Krupit (Suwanee, Ga.) • Kelley Lynch (Sharpsburg, Ga.) • Maddie Penta (Chesapeake City, Md.) • Taylor Pleasants (Houston, Texas) • Jazmyn Rollin (Salt Lake City, Utah) • Kathryn Sandercock (McLean, Va.) • Meghan Sheehan (Forest Hill, Md.) • Jasmine Sievers (Mission Viejo, Calif.) • Macy Simmons (Chandler, Ariz.) • Sydney Supple (Oshkosh, Wis.) • Payton Tidd (San Marcos, Calif.)
- Rylee Tricek (Hallettsville, Texas) • Callie Turner (Land O'Lakes, Fla.) • Anna Vines (Temecula, Calif.) • Lexi Voss (Chicago, Ill.) • Skylar Wallace (Woodstock, Ga.)
- Kristiana Watson (Tucson, Ariz.)

MEN'S NATIONAL TEAM TRIALS PARTICIPANTS

- Tyler Bouley (Champlin, Minn.) • Kevin Castillo (Long Beach, Calif.) • Zane Chason (Alma, Ga.)
- Jenner Christiansen (Hayward, Calif.) • Joel Cooley (St. Paul, Minn.) • Yusef Davis (Long Beach, Calif.) • Tyler Dudley (Battle Creek, Mich.) • Jon Gwizdala (Bay City, Mich.) • Peyton Hall (Prairie du Chien, Wis.) • BJ Hunhoff (Harrisburg, S.D.) • Justin Krenzke (Freeland, Mich.) • Jeff Lewis (Amboy, Minn.) • Michael Lewis (Amboy, Minn.) • Jonathan Lynch (Cape Girardeau, Mo.) • Tony Mancha (Las Cruces, N.M.) • Jeremy Manley (Athens, Ohio) • Blaine Milheim (Eaton Rapids, Mich.)
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that will allow Local Associations to determine how teams qualify for the following Girls' Junior Olympic (JO) Class A National Championships effective the 2019 season: 10-Under East, 10-Under West, 12-Under, 14-Under, 16-Under and 18-Under.

USA Softball Council Members also awarded 2020 USA Softball National Championships for all divisions of play within USA Softball's grassroots programs. The awarding of USA Softball National Championships is considered one of the most anticipated decisions made by the council as each National

Championship has the potential to have thousands of dollars in economic impact for the host city. With the announcement of the 2020 National Championship hosts, teams can begin their quest for the ultimate goal in softball: to hold up a USA Softball National Championship trophy.

From the 38th Annual Hall of Fame Induction Ceremony and announcement of the 2019 Hall of Fame Class, the Wilson Sporting Goods Awards Luncheon and the selection of 2020 USA Softball National Championship sites, the 87th Annual Council Meeting was one for the books!

During the week, Regional Vice Presidents were elected to the Board of Directors as Bev Wiley (USA Softball of Rhode Island) will represent Region 1, Carlton Benton (USA Softball of Florida) will represent Region 3, Joe Patterson (USA Softball of Nebraska) will represent Region 7, Dick Gulmon (USA Softball of North Dakota) will represent Region 8 and Roger Garcia (USA Softball of Alaska) will represent Region 9.

In Championship Play news, the USA Softball Council Members voted and approved legislation

USA Softball would also like to thank the sponsors of the 2018 USA Softball Annual Meeting: Adams, Bloomington (Indiana), Chattanooga Sports Committee, Montgomery (Alabama), Salem (Oregon), Columbus (Georgia) Sports Council, Johnson City (Tennessee), Lee County Sports Development, Oklahoma City CVB, Play Tennessee Sports, Spartanburg (South Carolina), SportsEngine, Travel Salem, University Silkscreen, USA Softball of Southern California, USA Softball of Texas, Visit St. Pete/Clearwater, Visit Valdosta (Georgia), and Wilson Sporting Goods



MARK YOUR CALENDARS!

The 2019 USA Softball Annual Council Meeting will head to Sparks, Nev. from November 9-15 while the 2020 USA Softball Annual Meeting will be held in Shreveport, La. November 7-13!



Click to listen to President John Gouveia explain one of the new items passed, allowing Local Associations to determine how teams qualify.



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KEN ERIKSEN TO LEAD 2019 WOMEN'S NATIONAL TEAM



Hall of Fame member Ken Eriksen will once again lead the USA Softball Women's National Team (WNT) as he was recently announced Head Coach for the 2019 season. This marks the ninth-consecutive Head Coach assignment for Eriksen, whose accolades speak volumes to his selection.

As Head Coach, Eriksen has guided Team USA to two World Baseball Softball Confederation (WBSC) World Championship Gold Medals (2016, 2018) and two Silver Medals (2012, 2014), a Pan American Games Gold Medal (2011) and Silver Medal (2015). Since taking over the WNT program in 2011, Eriksen ushered in a new era of USA Softball with a roster comprised of international rookies. While continuing the legacy established before him, Eriksen has provided a steady constant for the program during the years softball was not a part of the Olympic Games platform. Fostering an "us" environment, Eriksen's dedication and commitment to the USA Softball WNT program culminated with a Tokyo 2020 Olympic Games berth which was earned at the 2018 WBSC World Championship last August in Chiba, Japan.

"It's a complete honor to be able to work with the best players in the world again. Coming off a stellar summer of 2018, we need to reinvent our hunger and go for the Gold in 2019."

- Ken Eriksen

His first Head Coach role with the USA Softball National Team Program came in 1997 when he led the USA Softball Junior Men's National Team (JMNT) at the WBSC Junior Men's World Championship in St. John's, Newfoundland. Five years later, he joined the WNT as an assistant coach in 2002 - the same year the team captured a Gold Medal at the WBSC World Championship. A highlight of his Team USA coaching resume includes being an assistant coach in the 2003 Pan Am Games which won Gold and going on to coach at the 2004 Olympic Games in Athens where the U.S. Olympic Softball Team would put on one of the most dominant performances in Olympic history. Eriksen tacked on another Gold Medal as an assistant coach at the 2010 WBSC Championship in Caracas, Venezuela.



2019 JUNIOR WOMEN'S NATIONAL TEAM TO BE LED BY HEATHER TARR

With a third-consecutive World Baseball Softball Confederation (WBSC) Junior Women's World Championship title as the goal, Heather Tarr has been selected as the Head Coach for the 2019 USA Softball Junior Women's National Team (JWNT). Tarr most recently served as an Assistant Coach for the 2018 Women's National Team (WNT) that captured the WBSC World Championship Gold.

In 2017, Tarr joined the USA Softball National Team coaching staff as an Assistant Coach for the WNT, helping guide the 2017 roster to a Gold Medal finish at the Pan American Championship in Santo Domingo, Dominican

Republic. Returning to the coaching staff in 2018, Tarr once again had a Gold Medal season with the WNT as the team secured the first of four available berths to the Tokyo 2020 Olympic Games, joining host country Japan who earned an automatic berth.

Collegiately, Tarr was named Head Coach at the University of Washington in 2005 and has gone on to become the winningest coach of any sport in Washington history. Guiding the Huskies to a National Championship in 2009, the program's first, Tarr has guided numerous All-Americans and a two-time USA Softball Collegiate Player of the Year.

"It's always an honor to represent your country and I'm thrilled to do so as Head Coach of the 2019 Junior Women's National Team. I look forward to working with USA Softball and the tremendous athletes in our country toward competing for a Gold Medal at the Junior World Championship. I will ensure the athletes grow and develop into the best softball players they can be and will remain focused on this team reaching its fullest potential."

-Heather Tarr



GREGG LEATHER LOOKS TO GUIDE MEN'S NATIONAL TEAM TO GOLD IN 2019



“It’s an honor to continue to serve as the Head Coach of the USA Softball Men’s National Team. Our showing in Prague at the Intercontinental Cup was not what we had hoped for, but was a good event to learn from and see areas we need to improve upon heading into next year. Overall, we are excited for the upcoming season and I have high expectations for our squad in 2019.”

-Gregg Leather

With several marquee events in line for the 2019 international season, the USA Softball Men’s National Team (MNT) will once again be led by Gregg Leather. Leather, who has served as the MNT Head Coach since August of 2017, will guide the Red, White and Blue at the World Baseball Softball Confederation (WBSC) Men’s World Championship and additional events on the 2019 calendar.

Leather was first selected as Assistant Coach for the Men’s National Team in the 2014 season and continued serving under Hall of Fame Head Coach Denny Bruckert, helping guide the U.S. at two World Baseball Softball Confederation (WBSC) Men’s World

Championships and the 2015 Toronto Pan American Games. Since stepping into the role of Head Coach following Bruckert’s resignation in August of 2017, Leather led the U.S. to a Bronze Medal finish at the 2017 Pan American Championship in Santo Domingo, Dominican Republic, the first international medal for the program since 2003. The team also recently competed at the Intercontinental Cup, a six-team invitational tournament in Prague, Czech Republic.

At the grassroots level, Leather serves as the manager of the NY Gremlins, the winner of three-consecutive USA Softball Men’s Major Fast Pitch National Championships.



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USA SOFTBALL, REPRESENTED BY 417 RELOADED, CLAIMS BRONZE AT VII WBSC CO-ED SLOW PITCH WORLD CUP



Held at the WBSC - Softball Division headquarters in Plant City, Fla., the event took place from November 15-18 with 417 Reloaded joining the following participating countries: Bahamas, Germany, Great Britain and Turks & Caicos while Curacao were represented by two teams.

A double-elimination playoff bracket based off pool play results began Saturday, Nov. 17 with the medal rounds taking place on Sunday, Nov. 18.

417 Reloaded earned the opportunity to attend the WBSC Co-Ed Slow Pitch World Cup after claiming the 2017 USA Softball Coed Slow Pitch National Championship. Based out of Springfield, Mo., the following athletes made up the roster: Andi Anti, Bailey

Barrett, Kevin Hofmeister, Jamie Holmes, Justin Isaacso, Amanda Lake, Fred Lundien, Jeff Mullins, Sally Pennington, Krystin Pyle, Brian Schemer, and Stephanie Waldron.

417 Reloaded closed out the WBSC Co-Ed Slow Pitch World Cup with a Bronze Medal finish on Sunday, Nov. 18. With an overall record of 6-3, 417 Reloaded eventually fell to the hands of Curacao 1 in a closely contested matchup, 15-12.

This marks the second year in a row that a team representing USA Softball of Missouri participated at the WBSC Co-Ed Slow Pitch World Cup.

Additionally, umpires representing USA Softball and six state/metro local associations included Dallas Apfelbacher (Eagan, Minn.), Paul Bosshardt (Naples, Fla.), Jamie Evans (Holt, Mich.), Tom Keller (Sartell, Minn.), Tim Slama (Rapid City, S.D.), David Swanson (Crossville, Tenn.), and Joe VanDommelen (Williamston, Mich.).

"WE'RE EXCITED TO PROVIDE THIS OPPORTUNITY TO COMPETE ON THE INTERNATIONAL STAGE FOR OUR COED SLOW PITCH DIVISION AND WE LOOK FORWARD TO WATCHING 417 RELOADED COMPETE AGAINST HIGHLY-COMPETITIVE NATIONAL TEAMS FROM ACROSS THE GLOBE."

-USA SOFTBALL EXECUTIVE DIRECTOR, CRAIG CRESS



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COLUMBUS, GEORGIA SELECTED TO HOST 2019 USA SOFTBALL INTERNATIONAL CUP



"We're grateful to the City of Columbus for stepping up to host this premier event and welcoming USA Softball along with some of the top international teams in the world," said USA Softball Executive Director, Craig Cress. "Returning to Georgia for the 2019 USA Softball International Cup is particularly special for us because of the memories we have from the 1996 Olympic Games. It has been over 20 years since fans in the area have had the opportunity to watch some of the world's best softball teams in person, which is evident in the enthusiasm and support the city has displayed and we look forward to seeing that passion on display next July."

fans will also have the opportunity to catch Team USA in five televised games on the ESPN networks.

With renovations continuing at the USA Softball Hall of Fame Complex, the USA Softball International Cup will be hosted by the City of Columbus with support from USA Softball of Georgia. In addition to free online broadcasts of non-televised games through USASoftball.com,

"The Sports Council of Columbus, Georgia is elated to host the 2019 USA Softball International Cup," said Columbus, Georgia Sports Council Executive Director, Merri C. Sherman. "Our beloved South Commons Softball Complex has held many championship games, and we look forward to welcoming teams from all over the world once again! The stadium will be in prime condition for this prestigious event following a fresh update, and both players and spectators will enjoy the many new restaurants and amenities our vibrant city has to offer. To everyone involved – players, coaches, support staff and spectators – I offer the sincere hospitality for which our city has become so well known."

**MOST NOTABLY KNOWN FOR THE 1996 ATLANTA OLYMPIC GAMES FOR
THE SPORT OF SOFTBALL, THE RED, WHITE AND BLUE WILL RETURN
TO THE CITY WHERE TEAM USA CLAIMED GOLD IN THEIR OLYMPIC
DEBUT - COLUMBUS, GEORGIA!**

COLUMBUS, GEORGIA SELECTED TO HOST 2019 USA SOFTBALL INTERNATIONAL CUP CONT.



In what was formerly known as the World Cup of Softball, the 2018 USA Softball International Cup was hosted by USA Softball of Southern California at Bill Barber Park in Irvine, Calif. At the event, USA Red took home Gold after routing Japan, 10-5, in the grand finale. It proved to be a Red, White and Blue affair as USA Blue, the second roster composed of Women's National Team members, claimed the Bronze Medal.

"USA Softball of Georgia is thankful for USA Softball, the National Governing Body of Softball, for selecting Columbus, Georgia as the host city for the 2019 International Cup," said USA Softball of Georgia Commissioner, Al Dattolo. "Columbus has been a longtime supporter of USA Softball, and we're honored to have been selected to host such a prestigious event in our state. We are excited to provide a memorable experience to everyone."

South Commons Softball Complex is an eight-field complex, which includes a five-field hub with a roundhouse and a three-field fan with stadium, indoor score booths, concessions, and restrooms. USA Softball of Georgia will also be hosting a youth fast pitch event in conjunction with the 2019 USA Softball International Cup. Additional information, including dates, divisions of play and registration, will be announced at a later date.

Tickets, participating teams, live television coverage and a schedule of events for the USA Softball International Cup will be announced at a later date.



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EIGHT LEGENDS ENSHRINED INTO NATIONAL SOFTBALL HALL OF FAME

Eight of softball's finest that left their mark on USA Softball history were formally inducted into the National Softball Hall of Fame this evening at the 38th Annual Hall of Fame Induction Ceremony. In front of nearly 500 friends, family members and administrators from all across the country, it was an evening that celebrated the accomplishments and moments that forever left a mark on the history of the sport of softball.

INDUCTED IN THE 2018 CLASS WERE:

DICK BRUBAKER *FAST PITCH PLAYER*

CRYSTL BUSTOS *FAST PITCH PLAYER*

JOHN DANIELS *SPONSOR*

RICKY HUGGINS *SLOW PITCH PLAYER*

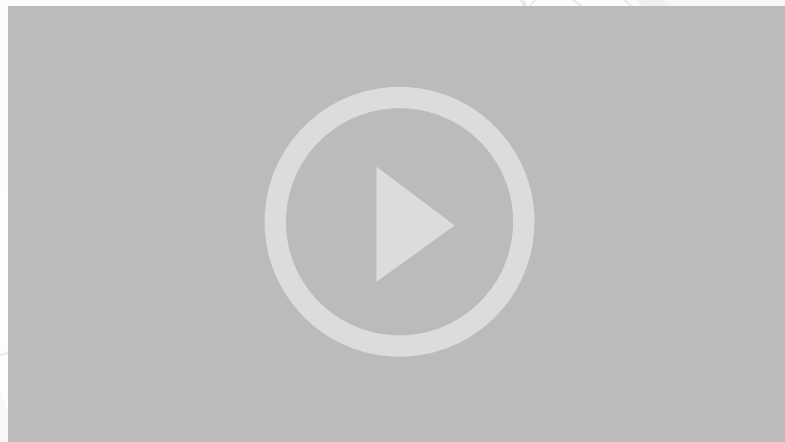
TODD JOERLING *SLOW PITCH PLAYER*

BILL SILVES *UMPIRE*

CHRISTA WILLIAMS *FAST PITCH PLAYER*

CHARLES WRIGHT *SLOW PITCH PLAYER*

RELIVE THE HIGHLIGHTS FROM THE 38TH ANNUAL HALL OF FAME INDUCTION CEREMONY!





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Getting SMART About Your Goals

When you think about it, it seems like the most obvious thing in the world: to achieve your goals, you first have to set your goals. True in sports, true in life.

Whether you're aiming for a daily goal, like sharpening a specific skill, or a longer-term goal - like becoming a starter next season - you need to approach goal-setting in a serious, committed way. Luckily, there are some great tools out there that can really help.

Some of the most effective support comes from TrueSport - a grassroots movement that works with organizations across the country to promote a positive youth sport experience and help build core values and life skills.

It's not always easy.

Often times, sitting down and setting goals can feel intimidating to most young athletes.

The TrueSport program encourages you to break the process of goal-setting down into actionable steps.

*When setting any goal, it should be **SMART** - Specific, Measurable, Achievable, Reasonable, and Timely.*

***Specific** - Identify exactly what you want to do, in clearly defined terms.*

***Measurable** - You need to have a way to check your results, to know when you've reached your goal.*

***Achievable** - Pick a goal that's within your power to accomplish, and not dependent on outside factors.*

***Realistic** - Make sure you can actually achieve what you've set out to do.*

***Timely** - Set a timeframe for getting to the destination, to help keep you motivated."*



That's good advice - and there are some other terrific tips, too. It may sound too simple, but it helps to write down your goals. Research shows that when you do that, you're more likely to achieve them. When you do, make sure you phrase them in a positive way, not a negative one. For example: set a goal of getting better at a specific aspect of your performance - not a goal of "stop messing up." Goals are about empowering yourself, not punishing yourself.

Another good idea: share your goals with your friends and teammates. They'll help you reach them by checking in with you every now and then, keeping you accountable...and giving you some positive reinforcement when you need it.

Finally, keep tabs on your goals on a regular basis, to see what kind of progress you're making. That way you can adjust them up or down, as necessary.



The best news of all is that these ideas aren't limited to the field, the track or the pool. These are valuable techniques that can help you achieve all kinds of life goals, from career objectives to personal milestones. Learn to set goals...and you'll be setting yourself up for success.

To watch Olympic Gold Medalist Lauryn Williams's video *How to Set SMART Goals* about the importance of goal-setting in her athletic career, please visit truesport.org



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2019 HOF'ERS

RICK HAVERCROFT

Saginaw, Mich.

UMPIRE



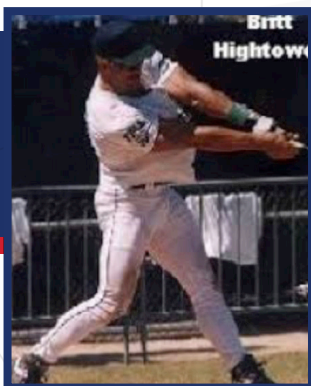
Quick Facts/By the Numbers

- Began umpiring in 1981
- Umpired at the 1996 WBSC Men's World Championship
- Umpired at 11 USA Softball National Championship Finals

BRITT HIGHTOWER

Houston, Texas

SLOW PITCH PLAYER



Quick Facts/By the Numbers

- Five-time Super Slow Pitch National Champion
- Home run leader at the 1989 Super Slow Pitch National Championship
- Hit over 1,000 home runs and averaged .700 throughout his playing career

WARREN JONES

Ashland, Ohio

MERITORIOUS SERVICE



Quick Facts/By the Numbers

- Former player who played in 10 Class A Men's Fast Pitch National Championships
- Has been involved with USA Softball administratively since 1986
- Has been Commissioner in Ohio since 2006
- Served as President of USA Softball from 2016-2017

2019 HOF'ERS CONT.

TONY LAWS

Burlington, NC

MERITORIOUS SERVICE



Quick Facts/By the Numbers

- Has been involved with USA Softball since 1969
- Has served as Commissioner in North Carolina since 2005
- Served as Team Leader for three National Teams at a World Championship

JESSICA MENDOZA

Camarillo, CA

FAST PITCH PLAYER



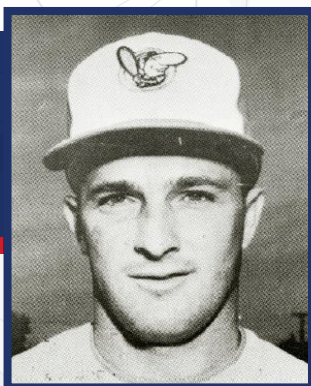
Quick Facts/By the Numbers

- Olympic Gold and Silver Medalist
- Two-time Pan American Games Gold Medalist
- Three-time WBSC World Championship Gold Medalist
- U.S. Olympic Hall of Fame member

MIKE NYE

Jacksonville, FL

SLOW PITCH PLAYER



Quick Facts/By the Numbers

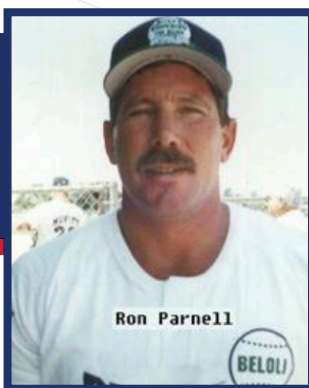
- Seven-time USA Softball National Champion
- Eight-time All-American outfielder/pitcher
- One of few players who won a National Championship in all major categories
- Named to 1970's and 1980's All-Decade Teams

2019 HOF'ERS CONT.

RON PARNELL

Meza, AZ

SLOW PITCH PLAYER



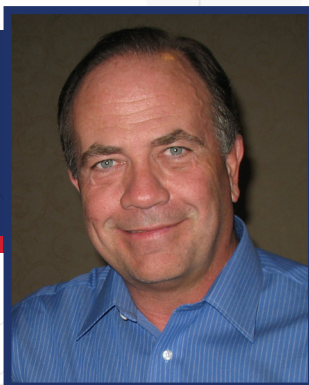
Quick Facts/By the Numbers

- Seven-time Super Slow Pitch National Champion
- Nine-time All-American infielder
- Hit over 2,000 home runs with a .675 career batting average

JOEY RICH

Springfield, MO

COMMISSIONER



Quick Facts/By the Numbers

- Has been involved with USA Softball since 1973
- Has been Commissioner of Missouri since 2003
- Served as President of USA Softball from 2007-2009

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ACROSS

- 2. A ball that is batted out of play
- 5. A defensive player that defends the area past the infield
- 6. The area to which the batter is restricted when batting
- 9. The portion of a game in which teams alternate on offense and defense
- 10. A legally delivered pitch that the catcher cannot catch or stop with normal effort

DOWN

- 1. An out-of-play area that is designated for players during a game. there are two per field
- 3. A play in which two outs are recorded as a result of a continuous action
- 4. The term used by the umpire to suspend play
- 7. A pitched ball that is intentionally tapped with the bat slowly within the field
- 8. A ball that is caught, typically with a glove or mitt

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