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2019 // ISSUE I

BALLS AND SPORTS IDEAS



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BALLS AND STRIKES

Official Publication of
USA Softball
2019 \ Issue I

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Greetings All!

The old saying goes that March comes “in like a lion and out like a lamb.” We can only hope the latter holds true. To say this winter’s weather has been a challenge would be an understatement. At our recent Biennial Umpire in Chief (UIC) clinic temperatures in the 40’s seemed downright balmy to folks who had come in from parts of the country where it was well below zero. While this California native has a hard time imagining that kind of cold, we’ve had our share of crazy weather here in the west. The Northwest got hit with snowfall like they’d never seen and there was even snow in downtown Los Angeles. Yours truly was in Redding, Calif. for a youth meeting and a foot of snow fell, the most since 1968. I know, I know a foot of snow is like summer to some of you, but I think I can safely say that a good part of the country is ready for the thaw to begin and the sun to shine, because that means another season of softball is here.

The aforementioned UIC clinic was a resounding success. Over 400 umpires were in attendance and the positive feedback to the clinic’s content and format was overwhelming. Even folks who had attended many clinics over the years agreed that it was one of the best ever. USA Softball continues to be at the cutting edge when it comes to training our officials, but like many sports it has become increasingly difficult for us to identify, train and retain new umpires. It’s no secret that there is a shortage of officials across the nation and USA Softball is no different. You can help us by referring interested parties to your local association Umpire-in-Chief. USA

LETTER FROM THE PRESIDENT



Softball will provide new recruits the training and mentoring they need to be successful on the field. We have had umpires as young as 14 work our National Championships. You can also help us by having a no tolerance policy for abuse of officials as part of your league’s Code of Conduct. Half of all new officials leave by their first or second year and the number one reason cited is abuse by coaches and parents. A recent survey of more than 17,000 officials by the National Association of Sports Officials (NASO) found that 57 percent say that sportsmanship is getting worse and that 45 percent of female officials say they have felt unsafe or feared for their safety at games – and that number is even higher among men! That is plain inexcusable, let’s all work to put an end to it.

In the good news department, the United States Olympic Committee (USOC) has been conducting an audit of USA Softball for the purpose of returning us to Olympic Sport status. It was a long process, taking over a year and a half, and necessitated the adoption of new Bylaws and putting new processes in place to meet current standards. This was obviously very important since our Women’s National Team had already qualified for the Tokyo games. I am very pleased to report that in December the audit was completed and we were granted Olympic Sport status by the USOC. Thanks goes out to our USA Softball staff and legal counsel who worked diligently and spent many hours to make it happen.

On a less positive note, and most ironic considering the above news, it was recently announced that softball and baseball were not on the “short list” of sports selected by the Paris Organizing Committee to be part of the Olympic Program for 2024. Instead the choices were breakdancing, surfing, skateboarding and sport climbing. The final decision will be made by the International Olympic Committee (IOC) in 2020,

but at this juncture it appears unlikely we will be competing in Paris. To say we were disappointed was an understatement, but to quote our Chief Executive Officer (CEO) Craig Cross “We won’t give up, the work never ends – but we can promise you that our athletes will continue to compete each year and proudly represent our great nation on the international stage and we encourage fans to continue their loyal support of softball. We also stand with the international softball community in the fight for inclusion in future Olympic Games and we will continue to work with groups who value the growth of our sport both domestically and internationally”. To that I respond hear, hear!

Spring is here, hopefully, and that means another great year of softball. Enjoy the game America plays®.

John Gouveia





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WHO WILL REPRESENT TEAM USA THIS SUMMER?



MEGAN FARAIMO

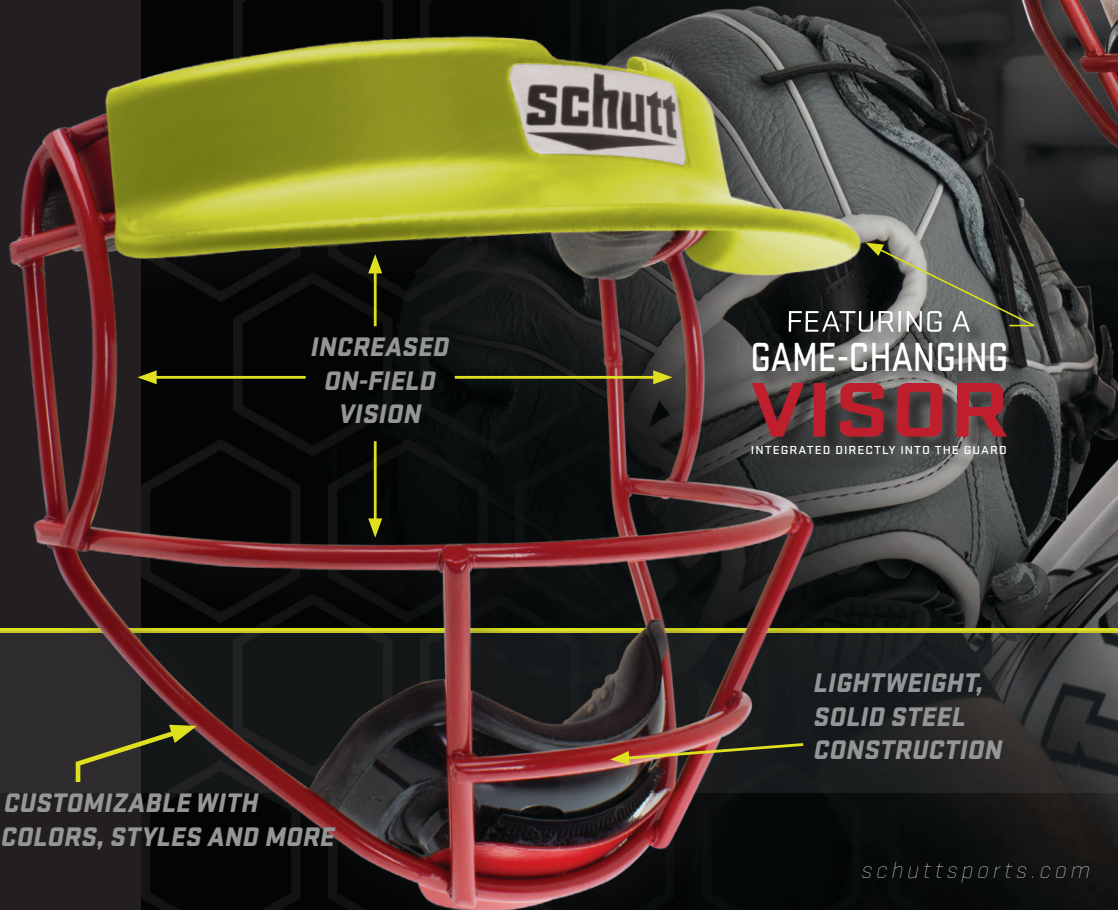
Who will represent the United States this summer as a member of a National Team? From the Pan American Games to the annual Border Battle, see the list of National Team athletes who will rock the Red, White and Blue this summer.

UMPIRES HONORED AT 2019 UIC CLINIC



Forty-six umpires were honored at the 2019 Umpire-in-Chief clinic for their years of service and excellence in umpiring. Read about their accolades on page 52.

ALL-NEW V1 / V2 FIELDER'S GUARDS



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FACES ON THE FIELD

Meet Mark and Taylor... athletes who are proud to play #USASoftball!



MARK, 57

New York
CPI, NY Thunder
Men's Class A, 60-Over Fast Pitch
First Base, Third Base, Outfield

HIS START

I started playing softball at age 18 after being a batboy for my father.

FAVORITE PART OF PLAYING SOFTBALL

Having fun and meeting new friends.

GOALS IN SOFTBALL

I've played on six National Championship teams and my goal was to win the USA Softball Men's Class A National Championship.

BIGGEST ACCOMPLISHMENT

Winning the USA Softball Men's 50+ National Championship. I went 3-for-4 with three RBIs.

MOST MEMORABLE EXPERIENCE

Winning the 2004 USA Softball Men's Class A National Championship.

TOUGHEST OBSTACLE

Getting time off from work to go to tournaments.

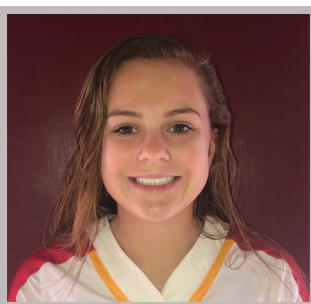
ROLE MODELS IN THE GAME

My father. He played hard and was a great hitter.

ONE LAST THING...

I've played fast pitch for 40 years and at age 57 I am still going. I love the game of fast pitch and have met many friends from many different states and countries.

FACES ON THE FIELD



TAYLOR, 14

Illinois
Tennessee Mojo 04 - Fisher
Girls' 14-Under Fast Pitch
Third Base/ Shortstop

HER START

I started playing softball when I was about six years old. I first started out in coach pitch and then when I was eight years old I started playing travel fast pitch.

FAVORITE PART OF PLAYING SOFTBALL

Softball has allowed me to meet so many people from around the country that I now communicate with on a regular basis. Also softball has given me the chance to travel all over the country.

GOALS IN SOFTBALL

Ever since I was little I have always dreamed of playing in the Women's College World Series. Now that I am older that dream has become a goal that I will need to work hard to achieve.

BIGGEST ACCOMPLISHMENT

The accomplishment I am most proud of is committing to Auburn University. I've always wanted to play college softball and now I'm able to say I will play college softball at Auburn.

TOUGHEST OBSTACLE

This past fall I had a stress fracture in my left hip and it hurt really bad when I ran so whenever I got on base I needed someone to run for me. This affected me a lot because speed is a big part of my game.

ROLE MODELS IN THE GAME

My role model in softball is Jenna Lilley because I always looked up to her playing third base because that is how I try to play third. Also it was very inspiring how she came back from her nose injury - she came back ready to play right away and her first hit back was a two-run single which helped Oregon win 3-2.

ONE LAST THING...

My life is surrounded by softball. Every weekend I'm at a softball tournament and all my closest friends are on my team. I've always loved playing softball and there is nothing I'd rather do than be on the field playing with my best friends.



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LOWEST BARREL COMPRESSION IN THE GAME
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#MAKETHE SWITCH

EASTON.COM/FASTPITCH



HEY BLUE!

ARE YOU READY FOR THE 2019 SEASON?



The days are longer and the weather is warming up as another Championship season of USA Softball begins! As teams begin to earn their spot at a 2019 USA Softball National Championship, so too do umpires all across the country who are honing their skills in hopes of earning their place.

If your goal is to umpire internationally, at a National Championship Finals or just stay involved with the game, USA Softball provides all the tools you need to stay atop your game all year long!

#WhyUmpire



2019 Umpire Manual



[Click here to read the 2019 Umpire Manual](#)

Rule Clarifications and Plays

Each month, USA Softball Director of Umpires Kevin Ryan provides updates on USA Softball Rules and answers questions from umpires like you on situations that may arise on the field.

[See the latest Rule Clarifications and Plays or browse through previous editions here.](#)

Rule Differences

What are some of the common differences between USA Softball, NCAA and NFHS rules? What about between fast pitch and slow pitch softball? Find helpful handouts that quickly explain the differences!

[Click here for USA Softball, NCAA and NFHS rule differences.](#)

[Click here for fast pitch vs slow pitch rule differences.](#)

Coach, are you investing in yourself as much as your athletes?

NFCA Coaches Clinics

15 HOURS of educational programming, a social hour with the speakers, giveaways, vendors, and numerous opportunities to make yourself a better coach come with every regional coaches clinic. More info at NFCAevents.org.

☆☆☆ **Five all-star speakers for each site will be announced soon!** ☆☆☆

CHICAGO I • Dec. 13-14, 2019

CHICAGO II • Jan. 3-4, 2020

LOUISVILLE • Jan. 3-4, 2020

NASHVILLE • Jan. 10-11, 2020

PORTLAND • Jan. 10-11, 2020

CHARLOTTE • Jan. 17-18, 2020

MINNEAPOLIS • Jan. 24-25, 2020

KANSAS CITY • Jan. 24-25, 2020



Member-Only Resources

COACHING TOOLS PACKAGE Presented by USSSA, this compilation includes practice plans, drills, charts and evaluation forms for high school, travel ball and youth coaches exclusively.

DRILLS DATABASE You can't always trust what you see on the internet, so we asked our member coaches to chip in! Sorted by skill, this database includes hundreds of video drills straight from qualified coaches of all levels.

WEBINARS Presented by Rapsodo, these are a new benefit to members that include pitching perspective from a national champion coach and will soon include advice on various other topics.

AWARDS The NFCA provides a number of opportunities to celebrate coaches and student-athletes, including, but not limited to, All Region/All-America teams, Coaching Staffs of the Year, Easton/NFCA Scholar-Athlete, scholarships, grants and much more!

Become a Member

JOIN THE NFCA and gain access to more education, events and our prestigious awards program, plus 12 issues of our official newspaper, *Fastpitch Delivery*, our electronic newsletter, *Fastpitch Connected*, access to free legal advice and a whole lot more.

Visit NFCA.org for more info.

NFCA.org



NFCAevents.org



NFCA National Convention

Dec. 4-7, 2019 - Atlantic City, NJ

"The Greatest Softball Show on Earth"

LEARN FROM WORLD-CLASS SPEAKERS and network with the best in the game.

FOUR DAYS OF CLINIC SESSIONS COVERING ALL ASPECTS Gain valuable insight, drills, and tips from some of the sharpest minds in our game.

AWARDS Join us in celebration as we honor coaches an awards brunch and the NFCA Hall of Fame Banquet.

THE LATEST INNOVATIONS IN SOFTBALL EQUIPMENT Don't miss our exhibit show – it has sold out the last three years – where you can check in with your favorite companies and see the latest and greatest in softball training, technology and apparel.

FORUMS TO DISCUSS CHANGES, THE FUTURE OF THE SPORT AND NETWORK Member groups and various NFCA committees conduct their annual in-person meetings and come together for several full-membership discussion events, including the always-popular Softball Summit, presented by USA Softball. Registration opens in late August on NFCA.org.



DUDLEY

FASTPITCH BATS

MODEL LLFP132 - \$99.99

- Designed exclusively for girls 10 and under
- New Lightning LiFT™ Lite Frame -13 Composite Technology - Max bat speed, see pitches longer, more plate coverage
- XL Exterior composite shell - XL sweetspot
- Approved by USASB, USSSA, NSA, ISA
- Meets all softball association standards
- 31"/18oz, 30"/17oz, 29"/16oz, 28"/15oz, 27"/14oz

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OFFICIAL SOFTBALL
LLFP132
LiFT™ -13

-13 LITE WEIGHT BAT TECHNOLOGY

COACH'S RESPONSE... "GIRLS 10 AND UNDER ARE JUST LEARNING THE GAME OF FASTPITCH. THEY WANT FAST BAT SPEED SO THEY CAN WAIT ON A PITCH AND SEE IT LONGER BUT STILL HAVE A QUICK BAT THROUGH THE ZONE."

\$\$ AFFORDABLE BAT PERFORMANCE & TECHNOLOGY

MOM'S RESPONSE... "MY DAUGHTER IS PLAYING FASTPITCH, SOCCER AND CHEERLEADING... SHE LIKES SOFTBALL, BUT I DON'T 100% KNOW IF SHE IS GOING TO PLAY NEXT SEASON OR NOT BUT I WANT TO GET HER A HIGH QUALITY FASTPITCH BAT SO SHE HAS FUN AND DOES WELL, BUT I DON'T WANT TO PAY TOO MUCH EITHER...."

LIGHTNING
LLFP13
LITE™ -13

XL EXTRA LARGE SWEETSPOT

PLAYER'S RESPONSE... "I AM PLAYING 8U FOR MY FIRST SEASON AND I REALLY NEED A BAT WITH A LARGE SWEETSPOT TO GIVE MYSELF THE BEST CHANCE OF GETTING SOLID HITS ON BOTH INSIDE AND OUTSIDE PITCHES AS I LEARN HOW TO HIT A FASTPITCH BALL...."



MODEL LLFP13 - \$49.99

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- New Lightning Lite™ Frame -13 Aluminum Technology
 - Max bat speed, see pitches longer, more plate coverage
- High Strength Aircraft Alloy frame
 - Large sweetspot and good durability
- Approved by USASB, USSSA, NSA, ISA
- Meets all softball association standards
- 30"/17oz, 29"/16oz, 28"/15oz, 27"/14oz, 26"/13oz



NEWS & NOTES

SLOW PITCH AND FAST PITCH NATIONAL TEAM ROSTERS NAMED



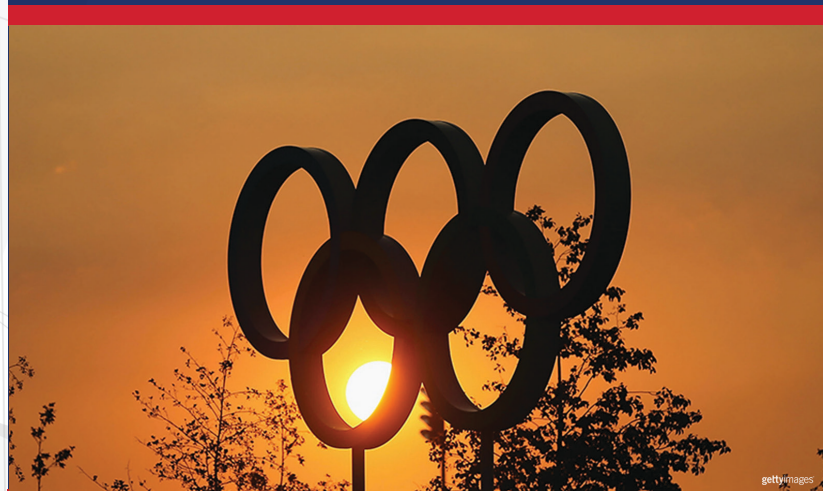
USA Softball has announced the rosters for the following National Team programs: Men's and Women's Slow Pitch National Teams, Men's and Women's Futures Slow Pitch National Teams, Women's National Team, Men's National Team and U-19 Women's National Team. Read later in this issue to see the complete roster listings.



NATIONAL TEAM COACHING STAFFS ANNOUNCED FOR #ROADTOGOLD

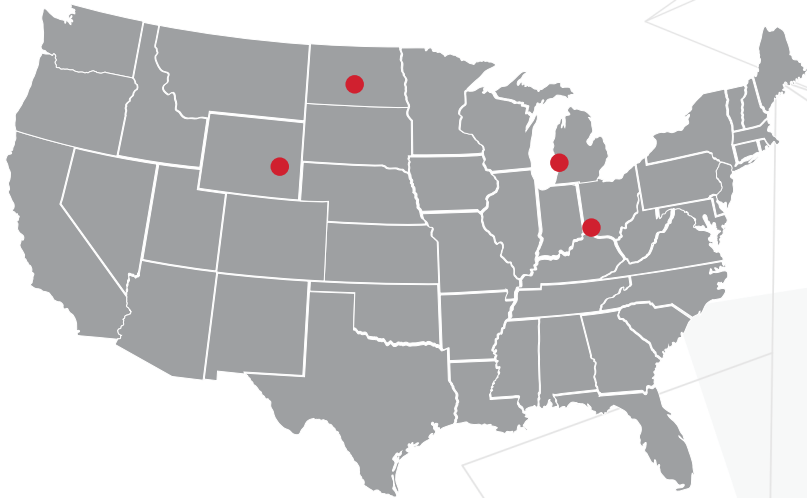
The Red, White and Blue will be led by some of the leaders in the game of softball. Find out who will be guiding the National Team programs this summer at USASoftball.com!

BASEBALL AND SOFTBALL NOT INCLUDED AMONG SHORTLISTED SPORTS BY PARIS 2024



The Paris Organizing Committee met recently to determine which sports would make up the 2024 Olympic Program and decided upon breakdancing, surfing, skateboarding and sport climbing to make the final cut of shortlisted sports.

THERE'S STILL TIME TO ATTEND A 2019 NATIONAL UMPIRE SCHOOL



- Holland, MI
- Bismarck, ND
- Douglas, WY
- Cincinnati, OH

Umpires have the opportunity to attend three National Umpire Schools and an Advanced School for Fast Pitch this 2019 season! Held in Michigan, Wyoming, North Dakota and Ohio, improve your skills with lectures and on-field demonstrations by leaders in the umpire program! Find out more at USASoftball.com!



WHO WILL BE CROWNED CHAMPION AT THE 2019 NCAA WOMEN'S COLLEGE WORLD SERIES®?

The 2019 season of NCAA Softball is upon us! Check out the latest ESPN.com/USA Softball Collegiate Top 25 Polls, see who has earned USA Softball Collegiate Player of the Week this season and more at USASoftball.com!

[Click here to see the "College Corner".](#)



ACE COACH EDUCATION PROGRAM AWARDS 5000TH COACH OF 2019 SEASON

USA Softball and Pocket Radar are teaming up for another season to award ACE (Aspire, Challenge, Educate) Coaches. At every 5,000th increment, USA Softball will send that coach a prize pack that includes a Pocket Radar and more! Read more about the 5,000th coach of the 2019 season - Jeremy Faries.

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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!



"Some pics of our "Grow the Game" night!!
#floridagatorsoftball #usasoftball #fsusoftball
#huskersoftball #fastpitchsoftball
#growthegame #jenniefinch"
@OCALASHOCKER



"We just gettin ready! #compete #ownit #earnit
#workhard #softball #fastpitch #usasoftball"
@STLCHA0506



"The Super Bowl is a great time of year because it means
softball season is right around the corner! #GOLadyjackets
#usasoftball"

@RCHSLADYJACKETS



"Representing USA Softball Missouri at the National UIC Clinic in
OKC: left to right - Pat Hagan, Bob Garner, State UIC Rick Petty, State
President Terry Beas, George Sutphin, Melvin Respress, and State
Commissioner Joey Rich."



@MISSOURIASA



"On Friday I won my first "Pitch, Hit and Run" taking it all with a score of 625!
Hoping to make it all the way to the MLB ALL-STAR games! #kylahiileiokalani
#soontobesooner #fastpitchsoftball #8yearsold #usasoftball"

@KYLAABAD2





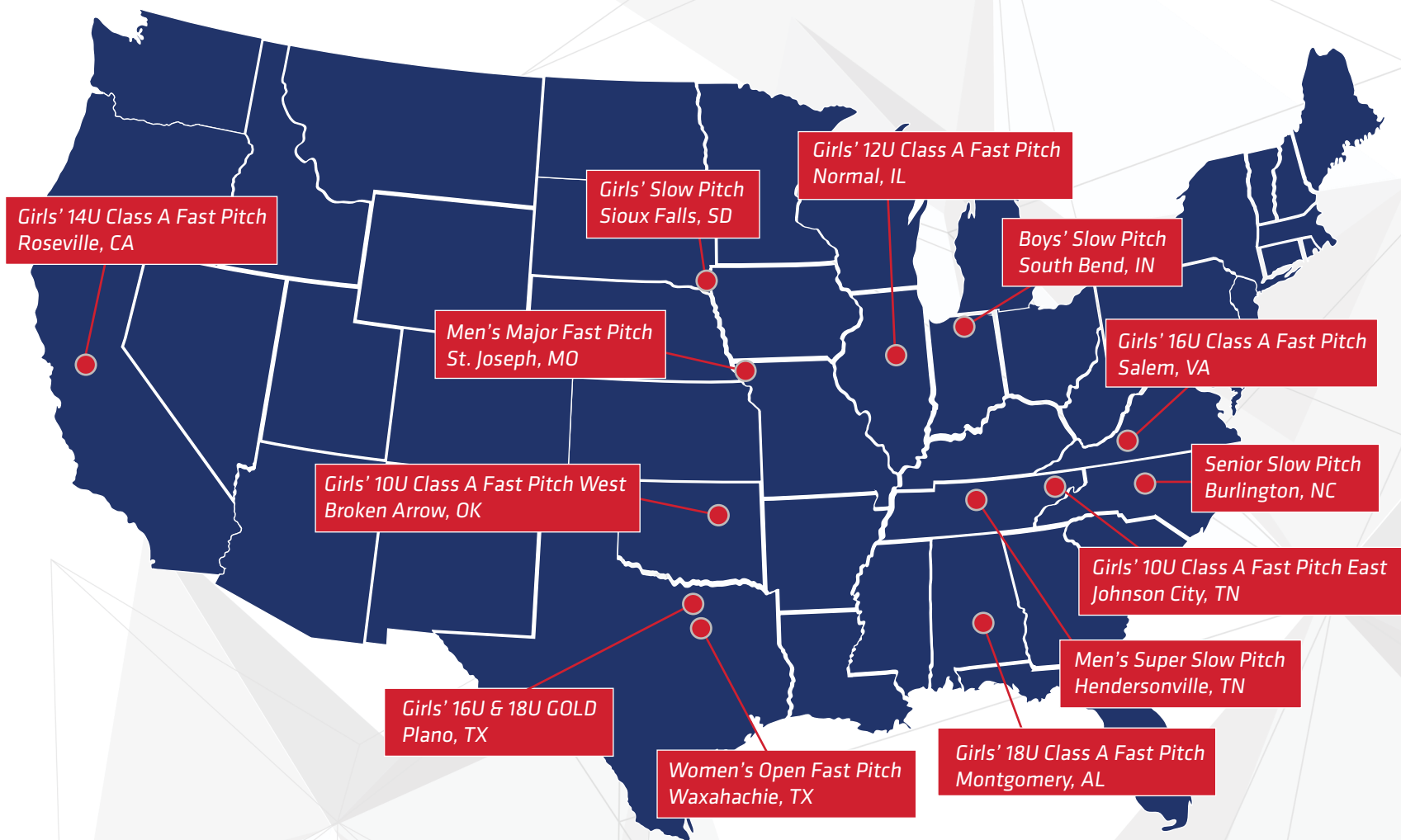
A DANGEROUS LINEUP



**INTRODUCING
THE MIZUNO F19
FASTPITCH BAT LINEUP**

Where will your team play in a 2019 #USASoftball National Championship?

From coast-to-coast, teams will take to the field from July-September to compete for a USA Softball National Championship title! New to the 2019 season: All teams are eligible to qualify for the USA Softball Class A Fast Pitch National Championship Finals through their state/metro association.



Contact your state/metro Commissioner to find out how your team can compete at a 2019 USA Softball National Championship!

*For a list of additional National Championship and Territorial Finals, visit USASoftball.com



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TM

USA SOFTBALL HALL OF FAME COMPLEX WELCOMES BACK THREE SIGNATURE EVENTS IN THE MIDST OF RENOVATION

With renovations well underway at the USA Softball Hall of Fame Complex – OGE Energy Field – INTEGRIS Field, USA Softball has unveiled the 2019 schedule of events to be held at the Softball Capital of the World®. With three events held from May-June, including the 2019 Big 12 Conference Softball Championship, NCAA Women’s College World Series (WCWS) and USA Softball All-American Games, the complex will open its gates for a brief time before closing down for the final phase of renovations.

Renovations to the historic facility are made possible following the 2017 Proposition 5 Bond package that was approved by the citizens of Oklahoma City in September of 2017. These renovations, which are expected to be complete by the 2020 NCAA WCWS, will give the facility a modernized look



with upgraded features for both the fan experience and media coverage.

Returning to the USA Softball Hall of Fame Complex is the Big 12 Conference Softball Championship, which will be held May 10-11. For the 29th year, USA Softball will serve as the host facility for the NCAA WCWS May 30-June 4/5, which features the top eight teams in Division I softball competing for the National Championship title. Tickets are now available online for the NCAA

WCWS and can be purchased by visiting <https://www.ncaa.com/tickets/softball/d1> or by calling the NCAA at 800-591-9198.

The USA Softball All-American Games, a prestigious tournament intended to provide national exposure to elite athletes in the 12-Under Junior Olympic (JO) fast pitch division also returns for the third-straight year. Region 5 Blue claimed the 2018 All-American Games title after edging out Region

(continued on pg. 23)

THREE SIGNATURE... (CONT.)



2's Blue roster, while 2017 featured a Region 5 showdown where the Region 5 Red squad finished atop the podium. Information on regional tryouts, selection processes and additional information can be found at www.usasoftballallamericangames.com.

Phase III of renovations at the USA Softball Hall of Fame Complex began in July of 2018, which includes demolition of the outer entrance to the facility and press box. Visitors to the Big 12 Conference Softball Championship will get a glimpse of the renovation progress, which is expected to pause

prior to the start of the 2019 NCAA WCWS. Key features of Phase III include an all new press box and game day operations center, which will include ticket windows and entrances to the facility. A broadcast booth, upgrades to existing technology infrastructure, elevators, meeting rooms and media work areas are also expected to be completed.

Following the 2019 USA Softball All-American Games, the facility will once again close it's gates for the final phase of renovations, which addresses the seating capacity. Upper-deck

seating will increase the capacity by an additional 4,000 seats while new restrooms and suites will enhance the fan experience.

DID YOU KNOW you can follow along with the renovation progress at USA Softball Hall of Fame Complex?

CLICK HERE TO WATCH A FREE LIVE STREAM!

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- 7'H x 5'W Screen with a 33" x 18" cutout.
- Black, double-thick 60 ply, Dacron poly-E netting.
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- Easily assembled—no welding or lacing. All joints are bolted.



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COLLEGE CORNER

#OLYMPIANSMADEHERE

Members of the Red, White and Blue are making an impact this NCAA Softball season!
See how Team USA athletes are making an impact at their respective schools below:

*Stats are as of March 22

Women's National Team



Rachel Garcia
REDSHIRT JUNIOR
UCLA
Pitcher

Garcia, the reigning USA Softball Collegiate Player of the Year is continuing her stellar NCAA career in her third season with the Bruins. Garcia ranks in the Top 10 in the NCAA with a 0.54 ERA and 128 strikeouts.



Dejah Mulipola
JUNIOR
Arizona
Catcher

Mulipola's junior campaign is starting off on a high-note. The California-native leads the Pac-12 with 13 home runs on the season, good for a Top 10 rank in the NCAA.

U-19 Women's National Team



Charla Echols
FRESHMAN
Michigan State
Catcher/Infield

Echols leads the Michigan State Spartans with a .348 batting average and eight doubles. She also ranks in the Top 10 in the Big Ten Conference in both categories and on-base percentage (.488).

U-19 Women's National Team



Megan Faraimo
FRESHMAN
UCLA
Pitcher

Faraimo is making a name for herself as one of the nation's top pitchers in her freshman campaign. Earning Pac-12 Freshman of the Week three times so far in the 2019 season, Faraimo is in the Top 5 in the conference with a 1.29 ERA.



Montana Fouts
FRESHMAN
Alabama
Pitcher

Fouts has helped the Crimson Tide to a program-best 31-0 to start the season. Earning Southeastern Conference (SEC) Freshman of the Week three times this season, Fouts' 0.74 ERA, 11-0 record and 96 strikeouts rank in the Top 5 of the SEC. Her ERA and saves also rank in the Top 10 of the NCAA.



Kelli Godin
FRESHMAN
UCLA
Infield

Godin's speed on the base paths is contributing to a stellar rookie season. Capturing Pac-12 Freshman of the Week honors this season, Godin's 13 stolen bases rank among the Top 5 in the Pac-12 Conference.

COLLEGE CORNER

CONT'D

U-19 Women's National Team



Frankie Hammoude

FRESHMAN

Oregon State
Infield

Hammoude's power at the plate has helped the Oregon State offense soar this 2019 season. Leading the Beavers with seven home runs on the season, her 23 RBI and .662 slugging percentage are also a team-best.



Madison Huskey

FRESHMAN

Washington
Outfield

Huskey leads the Washington Huskies with a .981 on-base plus slugging percentage this 2019 season. Hitting .368 in 16 games played, she also is second on the team with a .526 slugging percentage.



Cassidy Krupit

FRESHMAN

Baylor
Infield

Krupit leads the Baylor offense with 19 RBI and six home runs through 25 games played in the 2019 season. The Georgianative has also seen 5.1 innings in the circle.

U-19 Women's National Team



Kathryn Sandercoc

FRESHMAN

Florida State
Pitcher

Sandercoc has made an immediate impact on the Florida State pitching staff. Going 9-0 in the circle, she has struck out 30 batters through 49.1 innings pitched while seeing action in 13 games this season.



Jasmine Sievers

FRESHMAN

Oregon
Infield

Sievers leads the Oregon Duck lineup with a .321 batting average and four doubles. Her top performance of the 2019 season came against Seattle University where she went 3-for-3 with two runs scored, one home run and three RBI.



Skylar Wallace

FRESHMAN

Alabama
Infield

Wallace has made an appearance in all but one game for the Crimson Tide this season. Offensively, she is in the Top 5 in doubles (four), triples (one), walks (eight) and stolen bases (8-for-8) for the Crimson Tide.

For 14-straight weeks, USA Softball and ESPN release a Top 25 Collegiate Poll with the final ESPN.com/USA Softball Collegiate Top 25 poll coming after the conclusion of the NCAA Women's College World Series. Visit www.USASoftball.com each Tuesday to view the current Top 25 poll as well as the weekly USA Softball National Collegiate Player of the Week.



A TIME MANAGEMENT GUIDE: MORE SUCCESS, LESS STRESS

BY: HAYLIE MCCLENEY

Softball season is in full swing, no pun intended. This time of the year, athletes often find themselves with their plates full of sport obligations, school obligations, and social obligations. Time management and routine were things instilled in me from an early age, and I am so thankful to my parents because of it. There are some things I wished I would have listened to earlier in my life (in middle school and high school specifically) that would have made the shock of college a bit smoother. I remember having AP classes in high school while playing multiple sports, and instead of me taking ownership of my schedule, my mom just did it for me! I'm super grateful for that, obviously, but it was hard when my mom couldn't do it once I got to Alabama. I was on my own and it was hard. It took about a year or so to adjust and to be honest with you, there are still some things I am trying to get better at in terms of managing my time and productivity effectively. There are three key things that have helped me manage my time better during a busy season: Stress relieving activities, planning my planning, and prioritization.

STRESS RELIEVING ACTIVITIES

Some sort of physical activity in your routine is such a crucial step, yet for most people, this is the very thing they skip once they get busy! We hear this especially with high school athletes. The excuse I hear all time is, "I just don't have time to get to the gym, I have school and practice!" First of all, in college, you WILL work out during season, so there is no excuse why you shouldn't get used to it now. But, second, exercise is the

biggest scientific stress relief that we have ever found! Exercise reduces the levels of the body's stress hormones, adrenaline and cortisol. It also increases the production of endorphins, which are the body's natural painkiller and mood enhancer. In addition, the most basic fundamental truth of exercise is that it increases the flow of blood in your body - this includes YOUR BRAIN! More blood to the brain equals more alertness, clarity, and focus, all of which are necessary to manage your time in the most effective way. So, feeling stressed and overwhelmed because you have so much on your plate? My advice: get to the gym, take a walk outside or pull up a YouTube video of your favorite yoga flow and get yourself some mental clarity.

PLANNING YOUR PLANNING

Planning your planning is a great strategy because if you truly set aside time to plan your life, you will do it. Have 15-20 minutes each week of UNDISTRACTED planning and write out your schedule either in a planner, on a white board, or even just a piece of paper. I highly recommend organizing things into 30 minute or 60 minute windows. You would be surprised how much we can accomplish if we devote a full, undistracted half or full hour's worth of work to any task. By eliminating things like your cell phone, Netflix, or even music, more hours of your day will open up and your productivity will soar.

PRIORITIZATION

While planning, organize those 30 minute and 60 minute windows of your time by prioritizing your tasks. Ask yourself: "What's Important?" "What can wait?" and "What can I get ahead

on this week?" **The best diagram I have seen is [here](#).** Place your important/urgent tasks early in the week and make sure to get them done. Your important/not urgent tasks should only be completed only after your most urgent/important tasks. This box is what would like answer the question: "What can I get ahead on this week?" Your urgent, but not important tasks, try to delegate to someone else. For example, if you are like me and were in a few student organizations that require a lot of work and planning, try to delegate as much of that process as you can. The best leaders often empower those that follow them, so not only are you developing leaders, you are managing YOUR precious time much more effectively. It should go without saying, but for the sake of explanation, your not urgent/not important tasks, just cut them out!! There is no need to clutter your brain and productivity with things that are not necessary (hello, social media, I'm definitely talking to you.)

Time management is so important to your success not only in softball, but in the rest of your life. There will always be things to do and goals to accomplish. I truly believe that improving time management skills now will set a crucial foundation for your success in whatever you try to pursue. Stay organized, plan things out, and attack your goals.

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



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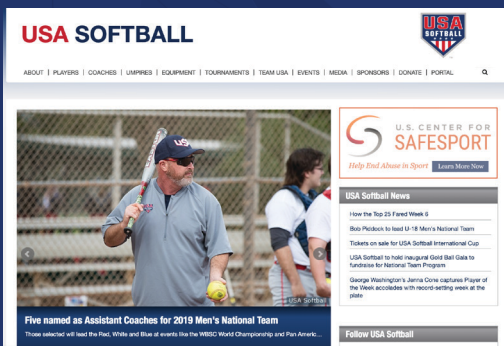
USASoftball.com has undergone a renovation during the off-season. The official website for the National Governing Body of Softball in the United States, which falls under the platform of the United States Olympic Committee (USOC), the redesign offers quick and easy access to essential information to USA Softball members for all they need and more to #PlayUSASoftball. A highlight of the redesign includes a revamped ABOUT section, which details information about USA Softball such as contacts, FAQs and a newly implemented interactive map where visitors can find a list of state/metro associations within each state. Updated and a more comprehensive explanation of USA Softball membership opportunities and how to register with USA Softball provide a better understanding of USA Softball.

Newly-created PLAYERS and COACHES sections provides information on ways to get involved with USA Softball as an athlete or coach. Under players, visitors can find an explanation of the different divisions of play within USA Softball for both youth and adults, info on the PLAY BALL initiative between USA Softball, USA Baseball and Major League Baseball (MLB) and College Corner data like the ESPN.com/USA Softball Collegiate Top 25 Poll, Player of the Year history and links to the NCAA Women's College World Series® (WCWS).

Visitors can also browse the DONATE section to find out how they can contribute to the USA Softball National Team Programs either through the Legacy Club or USA Softball Endowment Fund.

USASoftball.com is also the home to the USA Softball National Team Programs. The TEAM USA section lists rosters, schedules and history on the various USA Softball National Teams who represent the United States on the international stage. This area of the website will also provide fans information on the Tokyo 2020 Olympic Games Selection Procedures, tryout and tour stop information once available.

Stay tuned for more information regarding event streaming through this new site and be sure to bookmark it to follow all USA teams (Women, Men, Junior Women, Junior Men and Slow Pitch National Teams) throughout the entire season.



USA SOFTBALL

ABOUT | PLAYERS | COACHES | UMPIRES | EQUIPMENT | TOURNAMENTS | TEAM USA | EVENTS | MEDIA | SPONSORS | DONATE | PORTAL

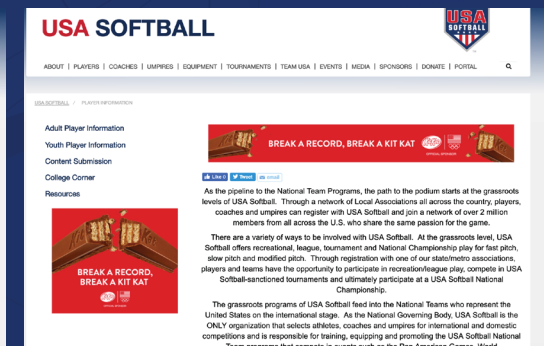
USA SOFTBALL NEWS

- How the Top 25 Fined Week 6
- Blue Pinstripes to lead U-18 Men's National Team
- Tickets on sale for USA Softball International Cup
- USA Softball to host inaugural Gold Ball Game to honor the National Team Program
- George Washington's James Coxe captures Player of the Week accolades with record-setting week at the plate

Five named as Assistant Coaches for 2019 Men's National Team

These coaches will lead the Red, White and Blue U-18 events like the WBSC World Championship and Pan Am Cup.

Follow USA Softball



USA SOFTBALL

ABOUT | PLAYERS | COACHES | UMPIRES | EQUIPMENT | TOURNAMENTS | TEAM USA | EVENTS | MEDIA | SPONSORS | DONATE | PORTAL

USA SOFTBALL / PLAYERS INFORMATION

Adult Player Information
Youth Player Information
Content Submission

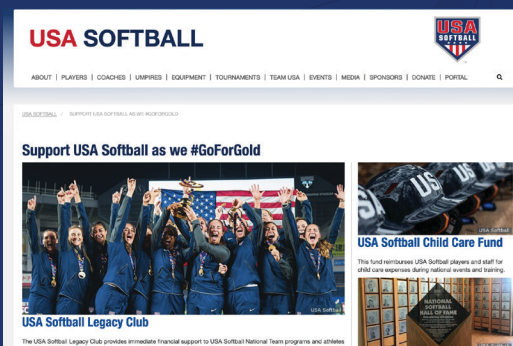
College Corner
Resources

BREAK A RECORD, BREAK A KIT KAT

As the pipeline to the National Team Programs, the path to the podium starts at the grassroots levels of USA Softball. Through a network of Local Associations all across the country, players, coaches and umpires can register with USA Softball and join a network of over 2 million members from all across the U.S. who share the same passion for the game.

There are a variety of ways to be involved with USA Softball. At the grassroots level, USA Softball offers recreational, league, tournament and National Championship play for fast pitch, slow pitch and modified pitch. Through registration with one of our state/metro associations, players and teams have the opportunity to participate in recreational/league play, compete in USA Softball-sanctioned tournaments and ultimately participate at a USA Softball National Championship.

The grassroots programs of USA Softball feed into the National Teams who represent the United States on the international stage. As the National Governing Body, USA Softball is the ONLY organization that selects athletes, coaches and umpires for international and domestic competitions and is responsible for training, equipping and promoting the USA Softball National Team programs that compete in events such as the Pan American Games, World



USA SOFTBALL

ABOUT | PLAYERS | COACHES | UMPIRES | EQUIPMENT | TOURNAMENTS | TEAM USA | EVENTS | MEDIA | SPONSORS | DONATE | PORTAL

USA SOFTBALL / SUPPORT USA SOFTBALL AS WE #GoForGold

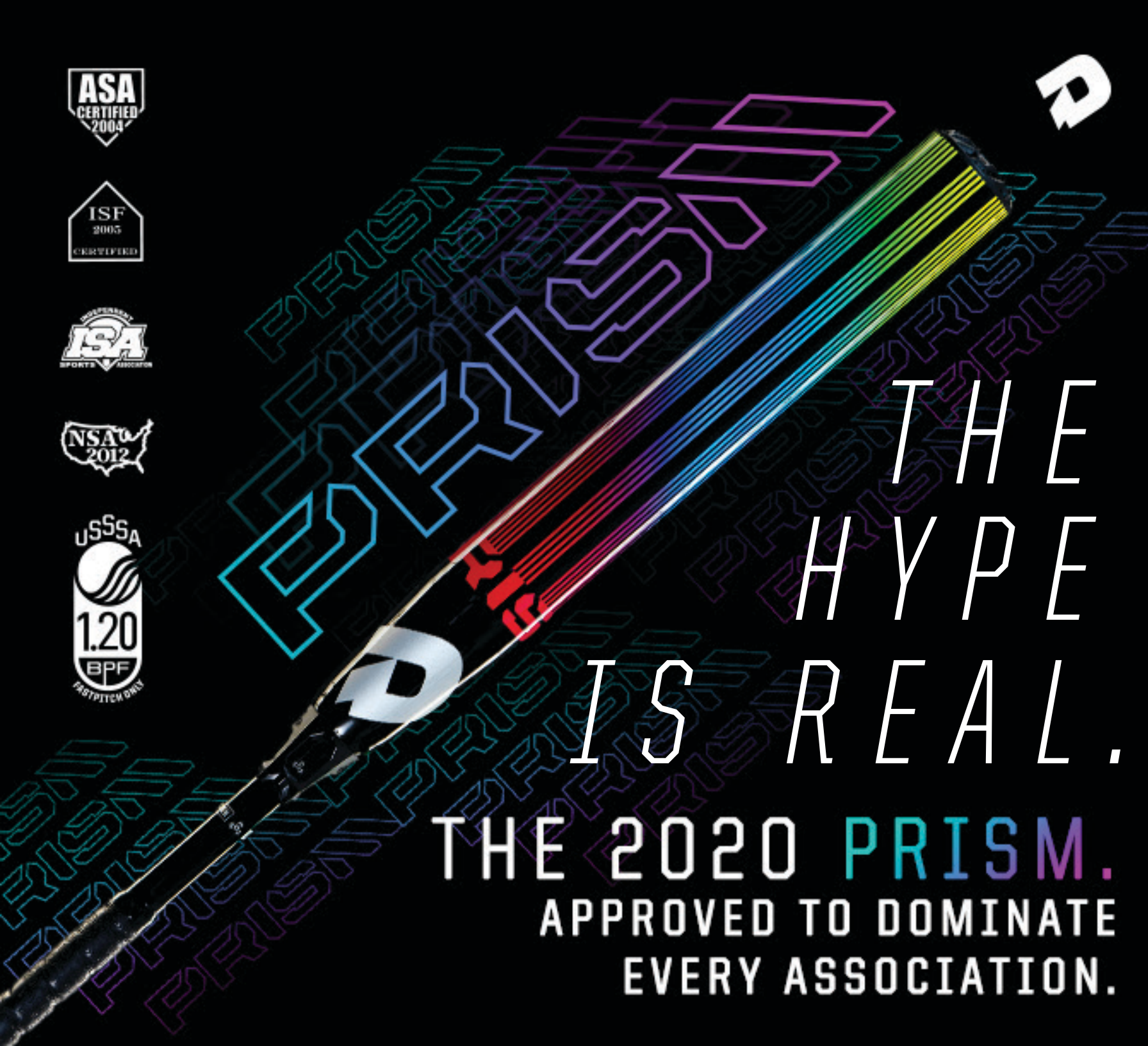
Support USA Softball as we #GoForGold

USA Softball Legacy Club

The USA Softball Legacy Club provides immediate financial support to USA Softball National Team programs and athletes through the USA Softball Endowment Fund. Through USA Softball, you can help support the athletes who represent the United States on the international stage.

USA Softball Child Care Fund

This fund reimburses USA Softball players and staff for child care expenses during national events and training.



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USA PATRIOTS ANNOUNCE DATES AND LOCATION FOR 2019 KIDS AND ALUMNI CAMP

The USA Patriots, formerly known as the Wounded Warrior Amputee Softball Team, recently announced the host city and location for the 2019 Kids and Alumni Camp. Held in Virginia Beach, Va., the Kids and Alumni Camp will be hosted by Virginia Wesleyan University. The Kids Camp is set to begin Monday, July 29 with the Kids Camp Game scheduled for Saturday, Aug. 3 at TowneBank Park, home of the two-time Division III National Champions on the Virginia Wesleyan Campus. The Alumni Kids Camp will begin Thursday, Aug. 1.

This will be the seventh-consecutive year for Kids Camp in which the team hosts this unique and life changing opportunity for 20 children along with one parent/guardian who attend their camp at no cost, while it is the third year for the Kids Alumni Camp.

During this week-long event, the USA Patriots will teach kids who have been living with congenital limb loss or have suffered amputation from illness or injury the basic fundamentals of playing ball sports. Members of the USA Patriots team lend a first-hand experience demonstrating the correct way to maneuver basic fundamentals of running



bases, batting, pitching and catching while overcoming obstacles and adapting to everyday challenges.

“Our annual Kids Camp is my favorite event of the year,” said USA Patriots player and board member, Brian Gentilotti. “It is a true blessing and honor to be able to spend a week with these kids and their parents creating friendships that will last a lifetime. Bonding with and mentoring these campers on and off the field and showing them Life Without Limbs Is Limitless® truly depicts what this team is all about.”

This will be the first year in which the Alumni Kids Camp will also take place at the same location overlapping with the original Kids Camp.

“Our family experienced Kids Camp in 2015 and it was an incredible week,” said parent of 2015 Alumni Kids Camp William Thompson, Jessie

Thompson. “This was the first time William was able to spend time with other limb-different kids as well as adults. We saw him truly let his guard down and just be a kid, instead of the kid missing a leg. During our week at camp, we were able to see William gain an incredible sense of self-acceptance and connect with other kids facing similar challenges, and take them in stride. We had the opportunity to meet other families who could whole-heartedly understand the uniqueness of raising a limb-different child. William, along with the rest of our family, developed life-long friendships. We are so thankful for Kids Camp as well as all the players who will forever hold a special place in our hearts.”

If you know a child who would be a good candidate, registration is now open and can be found at <http://woundedwarrioramputeesoftballteam.org/kids-camp>. To learn how you can volunteer, please contact camp@thewwast.org.

marucci



OFFICIAL SUPPLIER

2019 SLOW PITCH NATIONAL TEAMS

WOMEN'S SLOW PITCH ROSTER

Savannah Brown

Hometown: Inola, Okla.
Swings: Miken

Chelsea Davis

Hometown: Sarasota, Fla.
Swings: Worth

Christan Dowling

Hometown: Rochester, N.Y.
Swings: Easton

Fiana Finau

Hometown: Chula Vista, Calif.
Swings: Easton

Carmen Fowler

Hometown: Lawrenceville, Ga.

Kasey Loomis

Hometown: Linwood, Kan.
Swings: DeMarini

Kami Marrott

Hometown: Las Vegas, Nev.
Swings: Easton

Kelly Park

Hometown: Aurora, Ill.
Swings: Easton

Terri Ross

Hometown: Louisville, Ky.
Swings: Louisville Slugger

Tara Salcedo

Hometown: Bellflower, Calif.
Swings: Easton

Kristen Shifflett

Hometown: Richmond, Va.
Swings: Easton

Jess Tolbert

Hometown: Kansas City, Mo.
Swings: Miken

Dara Toman

Hometown: Columbus, Ohio
Swings: Miken/Worth

Tawna Williams

Hometown: Amarillo, Texas
Swings: Louisville Slugger

COACHES:

Don Cooper

Head Coach

Tammy Higginbotham

Assistant Coach



WOMEN'S FUTURES SLOW PITCH ROSTER

Erin Bradley

Hometown: Murray, Ky.
Swings: Miken

Jordan Brown

Hometown: McDonough, Ga.

Brittany Cox

Hometown: Statesboro, Ga.
Swings: Worth

Shelby Engle

Hometown: Orlando, Fla.
Swings: Pure

Shayna Finley

Hometown: Spartanburg, S.C.
Swings: Pure

Hope Houser

Hometown: Stevenson, Ala.
Swings: Miken

Jess Lisi

Hometown: Worcester, Mass.
Swings: Anarchy

Gina Mengwasser

Hometown: Pauls Valley, Okla.
Swings: Easton

Nikki Mills

Hometown: Louisville, Ky..

Amber Parrish

Hometown: Wilson, N.C.

Jordan Spaulding

Hometown: Phoenix, Ariz.
Swings: Easton

Kasey Pettit-Castor

Hometown: Denver, Colo.

Sara Poteat

Hometown: Marietta, Ga.
Swings: Worth

Danielle Smith

Hometown: Santa Clara, Calif.

Kylee Studioso

Hometown: Edmonds, Wash.
Swings: Louisville Slugger

COACHES:

Cara Coughenour

Head Coach

Marieo Foster

Assistant Coach



2019 SLOW PITCH NATIONAL TEAMS

MEN'S SLOW PITCH ROSTER

Kevin Bazat

Hometown: Columbia, Mo.
Swings: Easton

Cory Briggs

Hometown: Siloam Springs, Ark.
Swings: Miken

Dale Brungardt

Hometown: Vancouver, Wash.
Swings: DeMarini

Travis Clark

Hometown: Kenosha, Wis.
Swings: Easton

Andrew Collins

Hometown: Largo, Fla.
Swings: Miken

Greg Connell

Hometown: Moultrie, Ga.
Swings: Easton

Ben Dunn

Hometown: League City, Texas
Swings: Easton

Ryan Harvey

Hometown: Clearwater, Fla.
Swings: Worth

Bubba Mack

Hometown: Milton, Fla.
Swings: Easton

Kyle Pearson

Hometown: Stonewall, La.
Swings: Miken

Luis Reyna

Hometown: Tampa, Fla.
Swings: Easton

Filip Washington

Hometown: Las Vegas, Nev.
Swings: Anarchy

Brian Wegman

Hometown: Hamilton, Ohio
Swings: Easton

Jeremy Yates

Hometown: Lake City, Fla.
Swings: Easton

COACHES:

Brett Helmer

Head Coach

Todd Ankney

Assistant Coach

Tim Barnes

Assistant Coach



MEN'S FUTURES SLOW PITCH ROSTER

Brad Carlsen

Hometown: Sparks, Nev.
Swings: Monsta

Daniel Cayton

Hometown: Redding, Calif.
Swings: Easton

Mike Echeverria

Hometown: Phoenix, Ariz.
Swings: DeMarini

Patrick Ellwanger

Hometown: St. Paul, Minn.
Swings: Easton

Travis Houseman

Hometown: Urbandale, Iowa
Swings: Easton

Ryan McClanahan

Hometown: El Cajon, Calif.
Swings: Monsta

Zach Messer

Hometown: Massillon, Ohio
Swings: Anarchy

Brett Rettenmeier

Hometown: Cedar Rapids, Iowa
Swings: Monsta

Josh Riley

Hometown: Loudon, Ky.
Swings: Worth

Shannon Smith

Hometown: Norman, Okla.
Swings: Miken

Jordan Spaulding

Hometown: Phoenix, Ariz.
Swings: Easton

Ryan Stovall

Hometown: Thomasville, Ga.
Swings: Louisville Slugger

Adam Ussery

Hometown: Hot Springs, Ark.
Swings: DeMarini

Everett Williams

Hometown: Austin, Texas
Swings: Miken

COACHES:

Rob Humphrey

Head Coach

Denny Crine

Assistant Coach





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DURING MLB®
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2019 USA WOMEN'S NATIONAL TEAM



14 / MONICA ABBOTT
Salinas, Calif.
Pitcher • L/L



2 / ALI AGUILAR
Orangevale, Calif.
Infield • L/R



20 / VALERIE ARIOTO
Pleasanton, Calif.
Infield • R/R



3 / ALLY CARDA
Elk Grove, Calif.
Pitcher/Infield • R/R



21 / RACHEL GARCIA
Palmdale, Calif.
Pitcher • R/R



4 / JAZMYN JACKSON
San Jose, Calif.
Outfield • L/R



27 / SAHVANNA JAQUISH
Highland, Calif.
Catcher • R/R



8 / HAYLIE MCCLENEY
Morris, Ala.
Outfield • L/L



24 / KIRSTI MERRITT
Lake Panasoffkee, Fla.
Outfield • R/R



16 / MICHELLE MOULTRIE
Jacksonville, Fla.
Outfield • L/R



34 / DEJAH MULIPOLA
Garden Grove, Calif.
Catcher • R/R



1 / AUBREE MUNRO
Brea, Calif.
Catcher • R/R



38 / CAT OSTERMAN
Houston, Texas
Pitcher • L/L



17 / SHELBY PENDLEY
Rio Rancho, N.M.
Infield • L/R



9 / JANIE REED
Placentia, Calif.
Outfield • L/R



10 / KEILANI RICKETTS
San Jose, Calif.
Pitcher • L/L



99 / DELANEY SPAULDING
Rancho Cucamonga, Calif.
Infield • R/R



7 / KELSEY STEWART
Wichita, Kan.
IF/OF • L/R



KEN ERIKSEN
Head Coach
Tampa, Fla.



LAURA BERG
Assistant Coach
Corvallis, Ore.



HOWARD DOBSON
Assistant Coach
Orange, Texas



TAIRIA FLOWERS
Assistant Coach
Tucson, AZ

2019 USA U-19 WOMEN'S NATIONAL TEAM



42 / JADELYN ALLCHIN
Huntington Beach, Calif.
Outfield • L/R



10 / JAYDA COLEMAN
The Colony, Texas
Utility • L/L



25 / JULIA COTTRILL
Stillwater, Okla.
Catcher • R/R



7 / BAILEY DOWLING
St. Joseph, Ill.
Infield • R/R



16 / CHARLA ECHOLS
Newnan, Ga.
Infield • L/R



8 / MEGAN FARAIMO
Vista, Calif.
Pitcher • R/R



14 / MONTANA FOUTS
Grayson, Ky.
Pitcher • R/R



4 / KELLI GODIN
Seal Beach, Calif.
Utility • L/R



23 / FRANKIE HAMMOUDE
Oakland, Calif.
Infield • R/R



19 / MADISON HUSKEY
Cerritos, Calif.
Outfield • R/R



9 / LEXI KILFOYL
Land O'Lakes, Fla.
Pitcher • R/R



77 / KASSIDY KRUPIT
Suwanee, Ga.
Infield • R/R



27 / KELLEY LYNCH
Newnan, Ga.
IF/P • R/R



17 / TAYLOR PLEASANTS
Houston, Texas
Pitcher • L/R



32 / KATHRYN SANDERCOCK
McLean, Va.
Pitcher • R/R



5 / JASMINE SIEVERS
Laguna Niguel, Calif.
Infield • R/R



3 / MACY SIMMONS
Chandler, Ariz.
Catcher • R/R



44 / RYLEE TRLICEK
Hallettsville, Texas
P/IF • L/L



20 / CALLIE TURNER
Land O'Lakes, Fla.
Pitcher • L/L



2 / SKYLAR WALLACE
Woodstock, Ga.
Infield • L/R



HEATHER TARR
Head Coach



TONY BALDWIN
Assistant Coach



CINDY BALL-MALONE
Assistant Coach



TIM WALTON
Assistant Coach

COME WATCH TEAM USA THIS JULY IN COLUMBUS, GEORGIA!



Fans of international softball can purchase their tickets for the USA Softball International Cup! Held at South Commons Softball Complex in Columbus, Ga. July 1-7, tickets start as low as \$15.

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.

All-session VIP passes, which include a souvenir item, are \$150 while General Admission passes are \$90 for both adult and youth tickets. Single-session tickets are also available for \$25 and General Admission for \$15. Children five and under will receive free admission.

Tickets can be purchased online at USASoftball.com. For questions, please call 706-660-1996 or email ColumbusSportsCouncil@columbusga.org.

Teams expected to compete at the USA Softball International Cup are:

- No. 2 Japan**
- No. 4 Puerto Rico**
- No. 5 Mexico**
- No. 6 Chinese Taipei**
- No. 8 China**
- No. 13 Philippines**
- No. 20 Peru**

In addition to:

Team USA's Women's National Team and U-19 Women's National Team.

Additional teams could be added at a later date.

2019 USA MEN'S NATIONAL TEAM



35 / TYLER BOULEY
Champlin, Minn.
Catcher/Infield • L/R



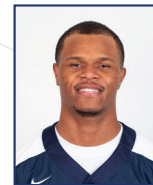
13 / KEVIN CASTILLO
Long Beach, Calif.
Infield • R/R



22 / JENNER CHRISTIANSEN
Hayward, Calif.
Outfield • R/R



12 / JOEL COOLEY
St. Paul, Minn.
Pitcher • R/R



28 / YUSEF DAVIS
Long Beach, Calif.
Outfield • L/L



3 / TYLER DUDLEY
Battle Creek, Mich.
Infield • R/R



16 / JON GWIZDALA
Bay City, Mich.
Pitcher • R/R



23 / JONATHAN LYNCH
Cape Girardeau, Mo.
Utility • L/L



11 / TONY MANCHA
Las Cruces, N.M.
Pitcher • R/R



7 / NICK MULLINS
Toms River, N.J.
Utility • R/R



1 / JEFF NOWACZYK
Midland, Mich.
Catcher • R/R



8 / ERICK OCHOA
Imperial, Calif.
Utility • L/R



4 / MATT PALAZZO
Pleasant Hill, Iowa
Infield • L/R



14 / MATT RATLIFF
American Fork, Utah
Outfield • L/L



30 / GIL SAENZ
Denver, Colo.
Utility • R/R



20 / CAM SCHILLER
Prescott, Ariz.
Infield • L/R



21 / MARCUS TAN
Union City, Calif.
Utility • R/R



17 / DUANE WEILER
Bedford, Pa.
Pitcher • L/L



GREGG LEATHER
Head Coach



RON GUZMAN
Assistant Coach



RON HACKETT
Assistant Coach



GREG HICKS
Assistant Coach



NICK MCCURRY
Assistant Coach



GERALD MUIZELAAR
Assistant Coach



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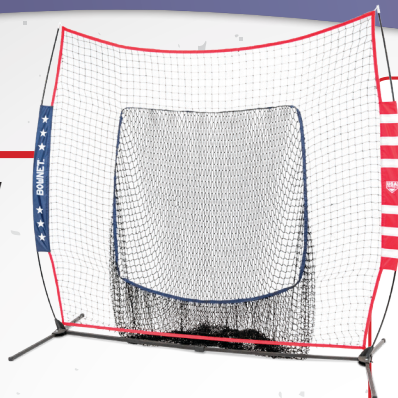


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(BN-ELBOW GUARD USA SB)

- Form fitting elbow guard
- Fits adult size left or right elbow with adjustable hook & loop strap
- Soft comfort interior



USA Bucket

(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)

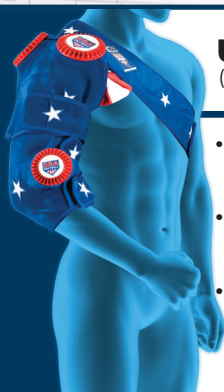
- Holds 5 dz baseballs or 3 dz softballs
- Durable molded bottom
- 2 accessory side pockets
- Easy carry handles for transport



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(ICE-COMBO ARM USA SB)

- ICE20 Compression Wrap for shoulder to elbow
- Two 11" and One 9" Refillable ICE20 Bags
- Durable mesh carry bag



USA Double Knee

(ICE-DBL-KNEE USA SB)

- ICE20 Compression Wrap for right or left knee
- Two 11" Refillable ICE20 Bags
- Durable mesh carry bag



USA Double Shoulder

(ICE-DBL-SHOULDER USA SB)

- ICE20 Compression Wrap for right or left shoulder
- Two 11" Refillable ICE20 Bags
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USA SOFTBALL NATIONAL TEAM COACHING STAFFS ANNOUNCED FOR 2019

The Red, White and Blue will be led by the best-of-the-best as USA Softball has announced the complete coaching staffs for the Women's National Team (WNT), Men's National Team (MNT), U-19 WNT and the U-18 MNT.

Ken Eriksen (Tampa, Fla.) will lead the WNT for the ninth-consecutive season while Gregg Leather (Staten Island, N.Y.) will return to the helm of the MNT for his third stint as Head Coach. Guiding the U-19 WNT in their quest for a third-consecutive Gold at the World Baseball Softball Confederation (WBSC) U19 Women's World Cup is Heather Tarr (Redmond, Wash.) and Bob Piddock (Castro Valley, Calif.) will serve as Head Coach of the U-18 MNT for the first time in his career.

Read more about each Head Coach and see the complete coaching staff's below.



Bob Piddock

Has coached fast pitch softball in a variety of capacities for the last 25 years, where he has led teams to eight USA Softball National Championships. At the international level, Piddock served as an Assistant Coach for the 2018 USA Softball Junior Men's National Team (JMNT), where he helped guide the program to a 2-4 record and eighth-place finish at the WBSC Junior Men's World Championship. Most recently, Piddock has played a pivotal role in the creation of the Men's Futures Team, which provides player-development opportunities for athletes within the MNT player pool.



Gregg Leather

Took over the Men's National Team Program in summer of 2017. Having served as an Assistant Coach for the Men's National Team from 2014-2017, Leather helped guide the U.S. at two WBSC Men's World Championships and the 2015 Toronto Pan American Games. In his first stint as Head Coach at the Pan American Championship in Santo Domingo, Dominican Republic, Leather helped guide the U.S. to a Bronze Medal finish, the first international medal for the program since 2003.



Heather Tarr

Her first Head Coach assignment with USA Softball with previous experience as an Assistant Coach for the Women's National Team. In 2017, Tarr joined the Women's National Team coaching staff as an Assistant Coach, 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 captured back-to-back World Championship titles at the WBSC Women's World Championship in Chiba, Japan.



Ken Eriksen

Has been Head Coach for Team USA since 2011. In his tenure with the WNT Program, Eriksen has amassed two WBSC World Championship Gold Medals and two Silver Medals and a Pan American Games Gold and Silver Medal.

ASSISTANT COACHES

WOMEN'S NATIONAL TEAM

Laura Berg (Corvallis, Ore.)
Howard Dobson (Baton Rouge, La.)
Tairia Flowers (Tucson, Ariz.)

MEN'S NATIONAL TEAM

Ron Guzman (Salinas, Calif.)
Ron Hackett (Richmond, Va.)
Greg Hicks (Bakersfield, Calif.)
Nick McCurry (Ashland, Ohio)
Gerald Muizelaar (Grand Forks, N.D.)

U-19 WOMEN'S NATIONAL TEAM

Tony Baldwin (Athens, Ga.)
Cindy Ball-Malone (Orlando, Fla.)
Tim Walton (Gainesville, Fla.)

U-18 MEN'S NATIONAL TEAM

Tony Aresco (Stoneham, Mass.)
Mike Armitage (Normal, Ill.)
Jerry Zimmerman (Ephrata, Pa.)



BASEBALL AND SOFTBALL NOT INCLUDED AMONG SHORTLISTED SPORTS BY PARIS ORGANIZING COMMITTEE FOR 2024 OLYMPICS

The Paris Organizing Committee met recently to determine which sports would make up the 2024 Olympic Program and decided upon breakdancing, surfing, skateboarding and sport climbing to make the final cut of shortlisted sports. The decision comes after the groundbreaking Olympic Agenda 2020 passed by the International Olympic Committee (IOC) that gives Olympic host cities the right to propose sports that are popular in the host country and add to the appeal of the Games.

“We’ve taken our time to truly take in what Paris 2024’s decision means, not only to USA Softball as a whole but to the sport that means so much to people all around the globe,” said USA Softball Chief Executive Officer, Craig Cress. “While disheartening, the response we’ve seen from the softball community is a resounding display that our sport will continue to thrive and grow. We won’t give up, the work never ends - but we can promise you that our athletes will continue to compete each year and proudly represent our great nation on the



international stage and we encourage fans to continue their loyal support of softball. We also stand with the international softball community in the fight for inclusion in future Olympic Games and we will continue to work with groups who value the growth of our sport both domestically and internationally.”

The IOC still needs to give final approval to the choices made by the Paris 2024 organizers during the executive board in December 2020.

Announced on August 3, 2016, baseball/ softball was one of five new sports added to the Tokyo 2020 Olympic Program. It would mark the two sports’ return following their removal after the 2008 Beijing Olympic Games. Softball and baseball’s global reach, loyal fan base and positioning across many of the biggest sports markets continues to offer a unique opportunity to further spread and elevate the Olympic brand. Other factors considered in the sports package included the impact on gender equality, the youth appeal of the sports and the legacy value of adding them to the Tokyo 2020 Games.

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PREPARE to SUCCEED

Experienced athletes know that successful competition doesn't start with the starting gun or the official's whistle. It begins months before, with **physical** and **mental** preparation. The two components are equally important, because the goal is to connect your body and mind, letting you focus yourself in the moment.

PHYSICAL PREPARATION

You can imagine the physical side of preparation as a kind of triad: **training, nutrition, and rest**. Each element plays a role in supporting your performance.

1. TRAINING



Every athlete's training routine is different, customized for their sport and position. An aerobic program, combined with balanced weightlifting, may be appropriate for endurance sports. For a sport where strength and power are key, more intensive weight training may be a better choice. No matter what, it's important to train with **complete concentration** - the same concentration you'd bring to the field on the day of the game.

2. NUTRITION



If you're not eating a proper diet all year round, you can't make up for it in the hours before your event. Good nutrition is a full-time commitment - and if you treat it that way, your body will have the fuel it needs for optimal performance. It's simple: if good food goes in, you'll be prepared to put out your best performance.

3. REST



Did you know that the human body produces most of the recovery-essential hormones while you're asleep? That's why getting the right amount of rest is so critical. Getting at least eight hours of rest per night helps promote growth, recovery, and peak performance. Quality of rest is important, too; you'll derive more benefits from deep, rejuvenating sleep that fully relaxes your body and mind.

MENTAL PREPARATION



1. ROUTINE

A consistent pre-event routine can help you focus during competition. The more you stick to it, the more effective your routine will be. Maybe it's a ritual like packing your gear in a certain way, or listening to your favorite music. Maybe it's something you do during the event, like taking a deep breath before the start of the game. If you follow a pre-game routine, you're "programming" yourself to perform.



2. VISUALIZATION

Wish you could practice without the physical strain? Well, you can. Learn to visualize the event you're about to compete in. Imagine a successful race – play it out in your mind. What do you see? What do you hear? Make sure your visualization always ends with the positive outcome you're aiming for. If you need an extra incentive, consider this: repeatedly visualizing the same positive images actually enhances your physical performance.



3. POSITIVITY

Next time you make a mistake, don't be too quick to criticize yourself. Instead of going negative, have a silent, affirmative talk with yourself. Come up with a word or phrase that inspires you – a kind of "mantra." Make it an aspirational word like "believe." Or make it more concrete, and focus on an aspect of your performance – something like "stay steady and smooth." Always keep your inner conversation positive.

THAT KIND OF PREPARATION WORKS FOR OLYMPIC GOLD MEDAL SWIMMER CODY MILLER:

"It's important to have a solid preparation and recovery program, because preparation and recovery is the foundation of success. When I'm preparing for meets, I make sure that I get lots and lots of sleep, and make sure that I eat very healthy things – have a really solid diet – and make sure that I'm mentally preparing and visualizing for my races."



Cody Miller

To watch TrueSport athlete ambassador Cody Miller talk about the importance of preparation, please visit, <https://learn.truesport.org/building-foundation-for-success>



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OLYMPIC GOLD MEDALIST NATASHA WATLEY NAMED YOUTH SOFTBALL AMBASSADOR FOR MAJOR LEAGUE BASEBALL



Watley, an integral member of the Gold Medal-winning Team USA during the 2004 Olympics in Athens, is a former infielder for the UCLA Bruins. She is also a member of the UCLA Athletics Hall of Fame.

Watley and current Women's National Team member Sahvanna Jaquish recently participated in a 'PLAY BALL' event followed by a two-hour baseball and softball clinic on Saturday, Feb. 9 at the Compton MLB Youth Academy. Both events, which were free for participants, are part of MLB's efforts to encourage and support young women interested in playing diamond sports. This event, along with a similar event held at the New Orleans MLB Youth Academy on Saturday, Feb. 2 led by Finch, celebrates 'National Girls & Women in Sports Day,' which was founded by the Women's Sports Foundation and was officially observed Wednesday, Feb. 6.

Olympic Gold and Silver Medalist and former National Champion with the UCLA Bruins Natasha Watley (Irvine, Calif.) has been named a Major League Baseball (MLB) Youth Softball Ambassador, as recently announced by the MLB.

Watley will support MLB's Baseball & Softball Development group with initiatives and strategies that are designed to grow softball at the amateur and youth levels. Watley's appointment is the latest in a string of efforts by MLB to increase softball participation, which was catalyzed by its partnership with USA Softball in 2016. Since then, the two organizations have developed the Softball Breakthrough Series and the Softball Elite Development Invitational, and have operated clinics at MLB Youth Academies throughout the year. Watley will join Finch, who was also named an MLB Youth Softball Ambassador in 2017 and has since expanded her role to be the Youth Programs Ambassador.

"I'm so excited and honored to be partnered with MLB. With their big initiatives and push to get more girls playing softball, I couldn't be more proud to be an ambassador for young girls playing ball!"

- Natasha Watley

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UMPIRES RECOGNIZED AT 26TH BIENNIAL UMPIRE- IN-CHIEF CLINIC



A total of 46 umpires were honored by USA Softball at the 26th Biennial Umpire-in-Chief (UIC) Clinic. Held at the Sheraton Hotel in Downtown Oklahoma City, over 400 umpires from around the country attended the biennial clinic as the USA Softball Umpire family recognized years of service, awards of excellence, the Merle O. Butler National Award of Excellence and the Tom Mason Award of Excellence.

On Saturday, Feb. 2, the 10 Regional Awards of Excellence were awarded in addition to the Merle O. Butler National Award of Excellence, given to Jim Craig (USA Softball of New York). In its third year, USA Softball also awarded the Tom Mason Award of Excellence to Diane Carden (USA Softball of Delaware), which honors excellence in rule knowledge and application.

THE FOLLOWING INDIVIDUALS RECEIVED AWARDS OF EXCELLENCE FOR THEIR RESPECTIVE REGIONS:

Region 1 Northeast – Tony Roberto, USA Softball of Connecticut
 Region 2 Central Atlantic – Jerry Fick, USA Softball of Ohio
 Region 3 Southeast – Lee Gray, USA Softball of Georgia
 Region 4 South – Ken Allen, USA Softball of Alabama
 Region 5 Southwest – James Brau USA Softball of Texas
 Region 6 Midwest – Don Newsted, USA Softball of Michigan
 Region 7 Mid-America – Dave Epperson, USA Softball of Kansas
 Region 8 Northern – Eric Stanton, USA Softball of Minnesota
 Region 9 Northwest Mountain – Jerry Forkner, USA Softball of Seattle
 Region 10 Pacific Coast – Sue Sawyer, USA Softball of Southern California

THE FOLLOWING INDIVIDUALS WERE RECOGNIZED FOR THEIR YEARS OF SERVICE:

Jim Adkins – USA Softball of West Virginia – 5 years
 Darren Elliott – USA Softball of Kansas City – 15 years
 Anthony Small – USA Softball of Florida – 15 years
 Phil Cappadonia – USA Softball of Utah – 20 years
 Steve DeJarnette – USA Softball of Piedmont Virginia – 20 years
 Stan Finch – USA Softball of Hawaii – 20 years
 John Wright – USA Softball of Washington – 20 years
 John Baca – USA Softball of New Mexico – 25 years
 John Cambridge – USA Softball of New Jersey – 25 years
 Christina Drumm – USA Softball of Southern California – 25 years
 Mike Graber – USA Softball of Alaska – 25 years
 Laura Head – USA Softball of Southern California – 25 years
 Craig Heilbut – USA Softball of Central California – 25 years
 Tom Keller – USA Softball of Minnesota – 25 years
 Paul Kraimer – USA Softball of Minneapolis – 25 years
 James Brau – USA Softball of Texas – 30 years
 Cliff LaRose – USA Softball of Connecticut – 30 years
 Steve McCown – USA Softball of Dallas Fort Worth – 30 years
 Chris McGee – USA Softball of Mississippi – 30 years
 Greg Pohl – USA Softball of St. Louis – 30 years
 Steve Riswold – USA Softball of South Dakota – 30 years
 Kathy Zifchock – USA Softball of New York – 30 years
 Don Alexander – USA Softball of Oregon – 35 years
 Dave Christiansen – USA Softball of Vermont – 35 years
 Rufuss Paul Drake III – USA Softball of Ohio – 35 years
 Luau Bowers – USA Softball of Pennsylvania – 40 years
 Marvin Cobb – USA Softball of San Antonio – 40 years
 James Cole – USA Softball of Northern California – 40 years
 Dan Duffy – USA Softball of Portland – 40 years
 Susan Johnson – USA Softball of Rhode Island – 40 years
 Charlie Moss – USA Softball of Central Virginia – 40 years
 Rick Petty – USA Softball of Missouri – 40 years
 Steve Roscia – USA Softball of Maine – 40 years
 Dennis La Scalla – USA Softball of Newark – 50 years

THE FOLLOWING INDIVIDUALS WERE RECOGNIZED FOR HAVING ATTENDED ALL 26 UIC CLINICS:

Kinard Latham
 Les Novak
 Henry Pollard

USA SOFTBALL UMPIRE AWARDS PROGRAM WELCOMES 2018 ADDITIONS



[Click here to view the list of umpires](#)

Over 200 umpires were recently honored for their years of service and expertise by becoming members of the USA Softball Umpire Awards Program. One of the nation's largest officiating organizations, USA Softball umpires are nationally recognized as the most trained and proficient in the sport and have the opportunity to be recognized for

their dedication to the sport through three available outlets: the Medals Program, the National Indicator Fraternity and the Elite Umpire Program.

"USA Softball's umpire program continues to be a leader amongst sports officials because of the dedication of individuals like our latest Awards honorees," said USA Softball

Director of Umpires, Kevin Ryan. "Joining the USA Softball Umpire Awards Program is a testament to the countless hours they put in to refine and enhance their skills and the standard of excellence they uphold both on and off the field. Congratulations on joining such elite programs."

USA SOFTBALL

TO HOLD INAUGURAL GOLD BALL GALA TO FUNDRAISE FOR NATIONAL TEAM PROGRAM



USA Softball will host the first-ever Gold Ball Gala at the Cox Convention Center in Oklahoma City on May 29, 2019. The Gold Ball Gala serves as a fundraiser for the USA Softball National Team Program, with proceeds raised going directly to help fund both current and future National Teams in their efforts to stand atop the podium.

“We’re looking forward to an evening of celebrating the many accomplishments of our National Team athletes with the fans who have helped support them along the way,” said USA Softball Chief Executive Officer, Craig Cress. “The Gold Ball Gala will give USA Softball fans the chance to show their support for the men and women who

proudly represent the United States on the international stage. Without the backing and generosity of supporters of the program, many of the opportunities that are afforded to our National Team athletes simply would not be possible.”

The Gold Ball Gala, which will celebrate USA Softball National Team athletes past, present and future is set to become a staple in funding the future of Olympic hopefuls and the game of softball on the international stage. The Gala will also provide a send-off for athletes before the start of the 2019 season.

Women’s National Team Head Coach **Ken Eriksen** will make an appearance, while athletes confirmed for attendance so far include: **Monica Abbott, Valerie Arioto, Jazmyn Jackson, Sahvanna Jaquish, Haylie McCleney, Michelle Moultrie, Aubree Munro, Janie Reed, Keilani Ricketts, Delaney Spaulding, and Kelsey Stewart.**

*Based on schedules, athlete appearances subject to change without notice.

A highlight of the evening for those in attendance will be a celebration of the Women’s National Team, who became back-to-back World Champions last August and became the first team to qualify for the Tokyo 2020 Olympic Games. This year’s event will also feature three-time Olympic Gold Medalist **Leah O’Brien-Amico**, and National Softball Hall of Fame member and Head Coach for UCLA Softball for 27 years, **Sue Enquist** who is making an appearance as the keynote speaker.

This year’s Gala will also feature a silent auction, where attendees can bid on one-of-a-kind memorabilia and more.

For ticket purchase and silent auction information, PLEASE CLICK HERE.



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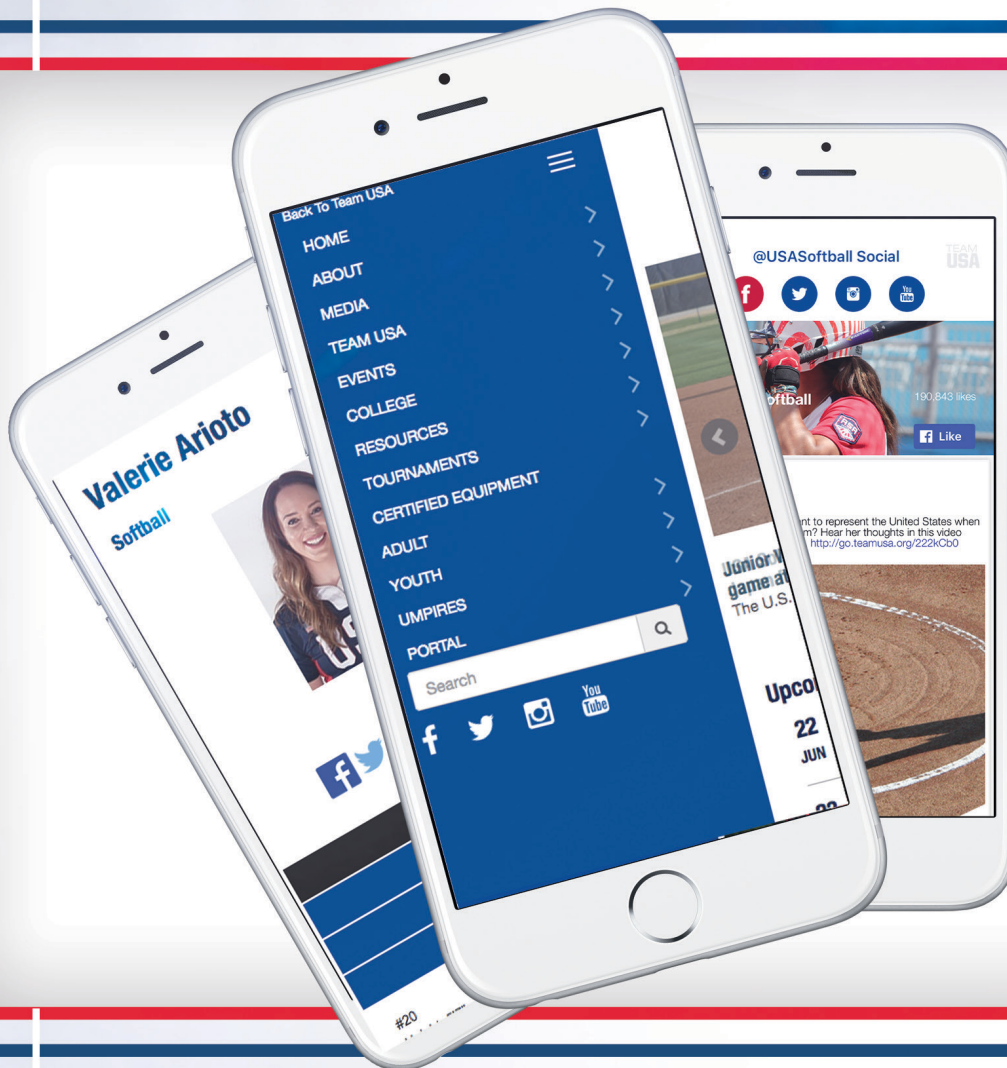
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2019 HALL OF FAME INDUCTEE SPOTLIGHT



JESSICA MENDOZA

Camarillo, CA

FAST PITCH PLAYER

If one were to research the accolades that two-time Olympian Jessica Mendoza earned throughout her playing career, the results would never end. A career with the United States Women's National Team that spanned 10 years, Mendoza made an immediate impact for the U.S. offense. With the ability to hit for power and average while also using her speed in the short game, Mendoza consistently hit over .300 while holding down the three-hole spot in the lineup. Mendoza was a part of the 2004 Olympic Softball Team that absolutely dominated the Athens Olympic Games, a feat which helped earn a spot in the U.S. Olympic Hall of Fame with her teammates. With an Olympic Gold and Silver Medal, three World Championship titles and two Pan American Games Gold Medals, the medals speak for themselves - but it is her willingness to inspire the future generation of athletes and create opportunities for females in sports that stands out. After hanging up her cleats following the 2010 season, Mendoza continued her role as an ambassador for the game, holding the position of President for the Women's Sports Foundation. These days, you can see Mendoza in the broadcast booth. Beginning her analyst role for NCAA Softball, Mendoza's ability to resonate with audiences ultimately landed her another milestone - making history as the first female analyst for a Major League Baseball game.

2019 HOF'ERS CONT.



TONY LAWS
Burlington, NC
MERITORIOUS SERVICE

District Commissioner, Tournament Director, Team Leader and State Commissioner. Those are just a few of the titles that Tony Laws has held with USA Softball. Starting as a District Commissioner in 1969, Tony's dedication to the game of softball is evident through his 50-plus years of service. First joining the USA Softball Council in 1986, Laws has served on numerous Committees, including Equipment Testing & Certification, Legislative, Long Range Planning, Tournament Awards and Seniors and Masters to name a few. His ability to lead and organizing events came to fruition in 2000 when he served as Team Leader for the United States Men's National Team at the World Championship in South Africa. Two additional Team Leader appointments came in 2002 with the Women's National Team and 2003 for the Junior Women's National Team at their respective World Championships. In 2005, Laws became the Commissioner of North Carolina, a position he continues to hold today. What truly stands out amongst Laws' accomplishments is the growth of the Senior Slow Pitch division of USA Softball, which annually has its National Championship in his hometown of Burlington, N.C. Laws' continually displays exemplary leadership and his involvement has truly made a difference for USA Softball.



WARREN JONES
Ashland, Ohio
MERITORIOUS SERVICE

Warren Jones' dedication to USA Softball hasn't gone unnoticed. Little did he know when he first started playing at the age of 12 that he would embark upon a journey that would land him titles such as Player Rep, Committee Chair, Team Leader, Commissioner and eventually President. Jones bleeds "USA Softball blue" through and through, with his love for the organization evident to those around him. As a player and manager, Jones participated in four Men's Major and 10 Class A Fast Pitch National Championship Finals. His first role as a USA Softball Council Member came in 1986 when he was appointed an At-Large Player Rep and as the saying goes - the rest is history. In his 33 years of service, Jones has served as Chair of the Legislative, Boys'/Men's Fast Pitch and the Men's National Team Selection Committees while also stepping up as a Team Leader for the 2003 and 2015 Men's National Teams that competed at Pan American Games and various competitions for the Junior Men's and Women's teams. In 2006, Jones was selected as the Commissioner for the state of Ohio and helped steer the association into an era of stability and excellence in hosting USA Softball National Championship Finals. In 2016, Jones became the first African-American President for USA Softball and served a two-year term and under his guidance, USA Softball continued to be the leader in the sport of softball. Jones' efforts to grow the sport of softball, particularly men's fast pitch, has left an impact on the organization that has earned him a Hall of Fame honor.

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FROM THE VAULT

Oklahoma City has been the home of USA Softball since 1966.

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Photos show early stages of construction on the National Softball Hall of Fame and USA Softball Headquarters.



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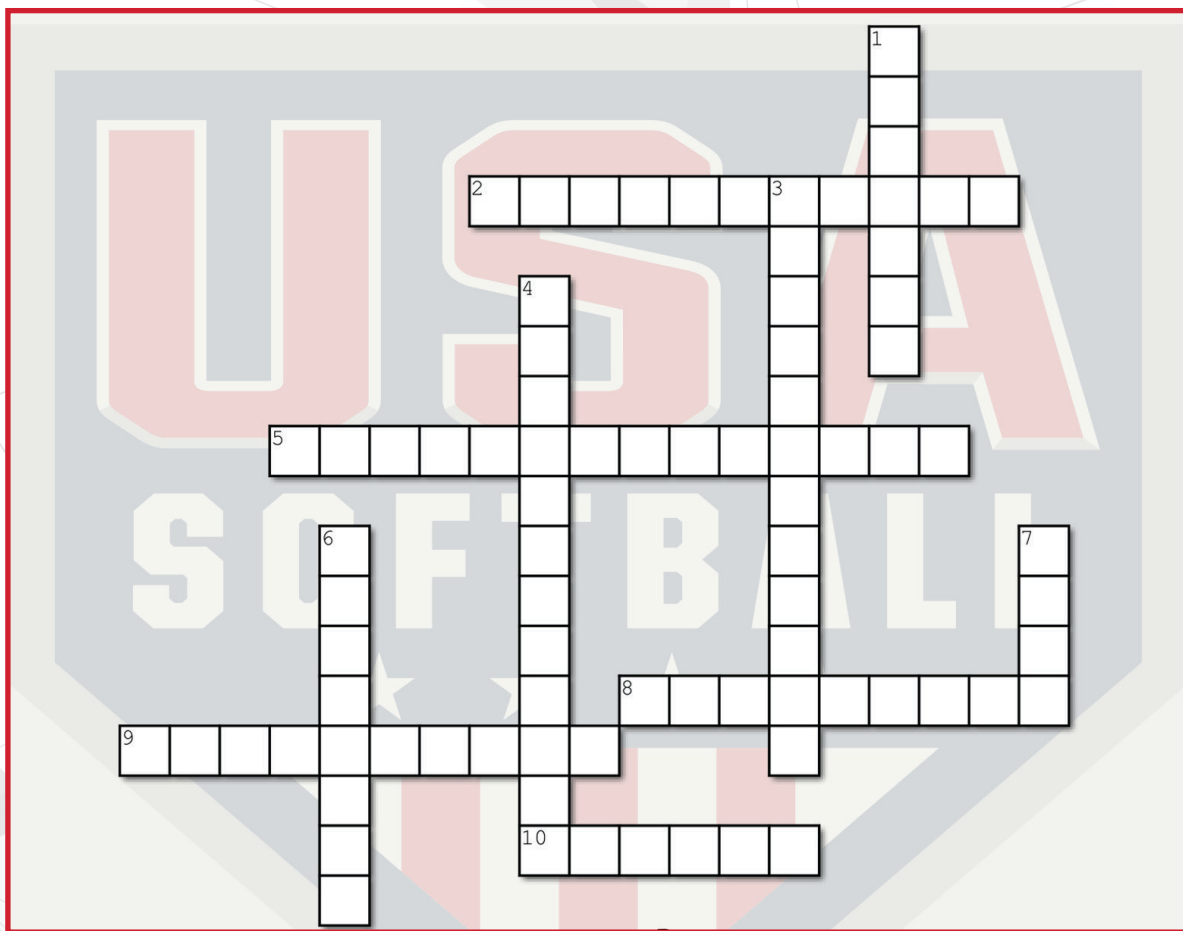
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- 5. Any player who runs for a runner without a charged substitution.
- 8. A batted ball that travels parallel or near the ground through most of its flight.
- 9. Any member of a team's roster who is not listed as a starting player, or a player who leaves and re-enters the game.
- 10. An offensive player who has reached first base and has not yet been put out or scored.

DOWN

- 1. Any player of the team in the field.
- 3. The official listing of offensive players in the order in which they bat.
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