



# Indiana State Softball Coaches Clinic

Clinic will be held at the Indiana State Softball Annex located at 260 N. 1<sup>st</sup> and Penn Cent Railroad St.

**Sunday, January 29<sup>th</sup> 2012**

**1:00 p.m. – 5:00 p.m.**

**Cost: \$50**

## Clinic Schedule:

- 1:00 – 1:30: Fielding Drills, Mechanics, Footwork – Question and Answer (Shane Bouman)
- 1:40 – 2:00: Team Chemistry (Emily Good)
- 2:00 – 2:30: Pitching mechanics/Pitches – Question and Answer (Amanda Zust)
- 2:40 – 3:00: North Central High School (Erica Ketner)
- 3:00 – 3:30: Hitting Mechanics and Drills – Question and Answer (Scott Miller)
- 3:40 – 4:00: NCAA Rules and Regulations/ Recruiting (Joel McMullen)
- 4:00 – 4:15: Strength Training, Speed and Agility (Dan Watson)
- 4:15 – 5:00: Indiana State Team Practice

Please make checks payable to **ISU Softball – Shane Bouman** and send them to:

ISU Softball Clinic

401 N. 4<sup>th</sup> St.

Terre Haute, IN 47809

\*Please email [amanda.zust@indstate.edu](mailto:amanda.zust@indstate.edu) to confirm your registration.

**Shane Bouman**

Head Coach Indiana State  
Alma Mater: South Dakota State  
Head Coach South Dakota State '01-07  
Winningest coach in school history  
Pitching Coach University of Iowa '07-10

**Amanda Zust**

Assistant Coach Indiana State  
University of Iowa  
Record: 56-27  
Ranked in Top-10 in numerous pitching records

**Scott Miller**

Assistant Coach Indiana State  
Emporia State University  
ISC World Fastpitch All-American  
Coach of High School Athletics for over 30 years

**Emily Good**

Head Coach Carmel High School (9<sup>th</sup> Season)  
Record: 168-56  
5 Coach of the Year Awards  
Graduated from Indiana State University in 2000

**Erica Ketner-Arnold**

Head Coach North Central High School  
Alma Mater: Saint Mary of the Woods  
3 USCAA National Championships  
All-Academic, All-American, All-Tournament Team Awards

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

City/State/Zip \_\_\_\_\_

School/Travel Ball Affiliation \_\_\_\_\_