



Clinic Registration Contract

Make Checks Payable to: **John Mazur/PA Coaches Clinic**
Send Reservations to: **John Mazur**
4440 Marywood Drive, Monroeville, PA 15146
Phone: 412-372-4104
E-mail: jmazr1@yahoo.com

Baseball/ Softball Coaches Clinic
Friday, January 11 & Saturday, January 12, 2008

Hotel Reservations:

To receive special group rate, reservations must be made directly with the hotel 21 days in advance.

1-800-245-EXPO



(Located 5 minutes from Exit 57, PA Turnpike)
At Pittsburgh Expo Mart
101 Mall Boulevard, Monroeville, PA 15146
412-373-7300

Baseball Softball

Name: _____
Name: _____
Name: _____

School or Organization: _____
School or Home Address: _____

City: _____ State: _____ Zip: _____

Pre-Registration: \$70.00

At the Door: \$80.00

Enclosed is my check for \$ _____ registering _____ coaches.

Students: \$30 each for one or two days.

Enclosed check for \$ _____ registering _____ players.



BASEBALL SCHEDULE

Friday, January 11, 2008

10:00 to 9:00 Registration
2:00 to 8:00 Exhibitors (Showroom)

MONROE I

Frank Velasquez, Jr., A.T.C., C.S.C.S.

12:30 to 1:15 At The Field Strength Training Program
For Pitchers And Position Players

Dan Simonds

1:30 to 2:15 Coaching The Essentials Of Catching:
Receiving, Throwing And Blocking

Erik Bakich

2:30 to 3:15 Outfield Development: Drills That Improve Skills
And Keep Them Sharp Throughout The Season

3:45 to 4:30 Aggressive Offensive Hitting Crucial For Batters
7:15 to 8:0 Nutrition: Fuel For The Ballplayer's Body

Ken Macha

6:00 to 6:45 Coach And Player/Umpire Relationship
8:30 to 9:15 Situational Hitting Drills Can Develop Multiple Skills
(Baserunning Skills, Team Defense And Hitting Strategy)

Ken Macha, Erik Bakich, Dan Simonds

9:30 to 10:00 Cool-Down Session—
Let's Not Leave Any Questions Unanswered

MONROE II

Scott Jackson

1:30 to 2:15 Setting And Attaining Goals In The Bullpen
2:30 to 3:15 Using Flat Ground Throwing To Make A Difference

Dan Simonds

3:45 to 4:30 Developing The Complete Catcher—Plays At The Plate,
Fielding Bunts, Catching Pop-ups, Calling A Game

Ryan Morris

6:00 to 6:45 Progressive Methods For Developing Infielders
8:30 to 9:15 Developing Team Baserunning: Maybe The Most Important
But Probably The Most Neglected Aspect Of Baseball

Dan Hall

7:15 to 8:00 Keeping Your Players Focused

Scott Jackson, Ryan Morris, Dan Hall

9:30 to 10:00 Cool-Down Session—
Let's Not Leave Any Questions Unanswered

MONROE III

Dr. Robert Prazer

11:30 to 12:15 The Role Of Vision In Elite Athletic Performance:
20/20 Is Just The Beginning

WASHINGTON/WESTMORELAND ROOM

Frank Velasquez, Jr., A.T.C., C.S.C.S.

2:30 to 3:15 Comprehensive Arm Care For Your Pitcher

Greg Altman, M.D.

7:15 to 8:00 Shoulder And Elbow In-season Exercise Program

Saturday, January 12, 2008

8:00 to 12:00 Registration
9:00 to 12:00 Exhibitors (Showroom)

MONROE I

Dan Hall

9:00 to 9:45 Being A Situational Hitter—Having A Plan
10:15 to 11:00 Winning With Infield Play: Developing The Infielder

Jake Boss

11:30 to 12:15 Optimize Your Outfield Play

Barry Davis

12:30 to 1:15 Integrating The Short Game In Your Offensive Philosophy

MONROE II

John Stuper

9:00 to 9:45 Offensive Strategies—How To Make Things Happen,
Not Wait For Things To Happen

Jake Boss

10:15 to 11:00 Art Of Catching: In Depth Look
At How To Coach This Important Position

Scott Jackson

11:30 to 12:15 Covering All Bases: Getting Better With PFP

Ryan Morris

12:30 to 1:15 The Double Play: Positioning, Feeds And Pivots

Special Youth League Sessions

SOMERSET ROOM

Dan Simonds

9:00 to 9:45 Developing The Young Hitter—Basic Philosophy
And Drills To Develop A Solid Hitting Foundation

John Stuper

10:15 to 11:00 Teach Your Team How To Slide
And Then Have Fun Running The Bases

Ryan Morris

11:30 to 12:15 Basic Infield Drills And Skills To Play The Positions

Scott Jackson

12:30 to 1:15 Your Player's Need To Throw!!!

Special Youth League Session

MONROE I

Barry Davis

1:30 to 2:15 Outdoor Practice Organization Plan That Works

SOMERSET ROOM

John Stuper

6:00 to 6:45 Don't Tell Your Pitchers To Merely Get Loose In The Bullpen

Barry Davis

7:15 to 8:00 Indoor Practice Organization Without The Facilities

Jake Boss

8:30 to 9:15 What A College Looks For In A Student Athlete
And What A Student Athlete Can Expect From A College

John Stuper, Barry Davis, Jake Boss

9:30 to 10:00 Cool-Down Session—
Let's Not Leave Any Questions Unanswered



BASEBALL COACHES

The baseball world for Ken Macha these days is a television studio analyst for the Boston Red Sox with the New England Sports Network. Macha, who managed in the Red Sox farm system from 1995-99, critiques the Red Sox along with former stars Dennis Eckersley and Jim Rice. Macha guided Oakland to AL West titles in 2003 and 2006 and averaged 92 victories in his four seasons there. Despite his team's success, having the second-best winning percentage in A's history (.568), Macha was replaced after losing to the Detroit Tigers in the 2006 ALCS. A 1968 graduate of Gateway High School and a degree in civil engineering from Pitt, Macha played for the Pirates in parts of the 1974, 1977 and 1978 seasons.



Ken Macha
TV ANALYST, BOSTON RED SOX



John Stuper
YALE UNIVERSITY

John Stuper has enjoyed much success as the 14-year mentor of the Bulldogs, capturing three "Red Rolfe" division titles and two Ivy League championships. Stuper has also seen 22 of his players sign professional contracts. The former World Series hero is not only recognized for his superb coaching abilities, but will always be remembered for his major-league pitching efforts with the St. Louis Cardinals and Cincinnati Reds. Stuper's most memorable performance in the big leagues was his four-hit victory against Milwaukee in the sixth game of the 1982 World Series. St. Louis went on to win the Series and Sports Illustrated listed his performance among the 10 best by a rookie pitcher in the history of post-season play.



Dan Hall
GEORGIA TECH UNIVERSITY

Danny Hall, Georgia Tech's all-time winningest coach with 611 victories, has guided the Yellow Jackets to the NCAA Tournament on 12 occasions and the College World Series in 1994, 2002 and 2006. Since Hall took over the program in 1994, Georgia Tech has averaged 43 wins per season, the eighth highest figure in the nation over the last 13 years. The 2007 Yellow Jackets matched the school record set in 2004 when 10 players were once again selected in the MLB Draft. Matt Wieters, a two-time All-American catcher, was taken by the Baltimore Orioles with the fifth overall pick. During his tenure at Georgia Tech, Hall has been selected the ACC's coach of the year three times.



Erik Bakich
VANDERBILT UNIVERSITY

Erik Bakich, one of collegiate baseball's top recruiters, recently completed his fifth season as an assistant coach for the Commodores. His recruiting efforts paid off in 2007 when Vanderbilt finished the regular season as the No. 1 ranked team in the country while boasting five Division I All-American players. Two Commodores were drafted in the first round, headlined by consensus player of the year David Price as the No. 1 overall pick. Bakich's other responsibilities at Vanderbilt include working with the outfielders and hitters. A graduate of East Carolina University, Bakich was a central figure on a team that won Colonial Athletic Association championships in 1999 and 2000. With a degree in Exercise and Sports Science, Bakich has also been a consultant for strength training and conditioning programs for high school, college and minor league players.



Dan Simonds
MIAMI UNIVERSITY, Oxford, Ohio

Dan Simonds became the 15th head coach in Miami baseball history when he was hired to guide the Redhawks in 2006. Prior to his arrival at Miami, Dan was the head coach at Xavier University in OH for one season and an assistant at Miami, OH for five seasons (2000-04). During his first stint with the Redhawks, Simonds was the hitting coach and recruiting coordinator. In 2000, he helped guide Miami to the Mid-American Conference Tournament and a bid to the NCAA Tournament. During his tenure at Miami, nine players have gone on to play professionally. A 1987 graduate of Davidson College, Simonds was the starting catcher and team captain as a senior while earning All-Southern Conference honors. Upon graduation, Simonds was an eighth-round pick of the Baltimore Orioles in the 1987 Major League Draft.



Jake Boss
UNIVERSITY OF MICHIGAN

Jake Boss returns this spring for his fourth season as a member of the University of Michigan baseball staff. Boss, who has 13 years of coaching experience, was instrumental in helping the 2007 Wolverines to a Big 10 Title, a Super Regional appearance, a 42-19 record and a No. 18 ranking in the final USA Today/ESPN Top 25 Coaches Poll. Boss's responsibilities with the Wolverines include handling the outfielders, catchers and serving as the recruiting coordinator. During his seven years at Eastern Michigan and three at Michigan, Boss has coached 29 players who have either been selected in the Major League Draft or signed as free agents.





SOFTBALL COACHES



Larry Ray
UNIVERSITY OF ARIZONA

Larry Ray has helped orchestrate the Wildcats steady climb to national prominence during his 16 seasons as top assistant to Mike Candrea at Arizona. This spring Ray will act as the Wildcats interim head coach while Olympic Coach Mike Candrea is preparing Team USA for the 2008 Beijing Olympics. Ray will take over a team that won 50 games in 2007 and whipped Tennessee 5-0, for their eighth NCAA Division I Softball Championship and second in as many seasons. A 26-year veteran of coaching, Ray also guided the University of Florida through its inaugural four seasons. Ray works mainly with the club's left-handed slap-hitters and short game, a key part of Arizona's offensive arsenal, plus tutors infielders. Larry is also the first base coach and specializes in setting the Arizona defense.

Caryl Drohan
NORTHWESTERN UNIVERSITY



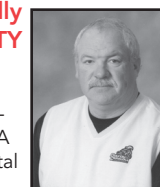
Associate head coach Caryl Drohan has been a driving force behind the continued success of Northwestern softball. The 2007 Wildcats won a school record 52 games, became the first private university ever to reach back-to-back Women's College World Series semifinals and finished the season ranked No. 4 in both the NFCA and USA Today coaches poll. Entering her seventh season at Northwestern, Drohan is primarily responsible for working with the hitters. Under her guidance the last four years, Wildcat hitters have had record-breaking seasons in all offensive categories with the 2007 squad crushing 85 home runs. As a player, Drohan had a successful career at Providence from 1992-95, lettering four times as the Lady Friars went 145-72.



Rita Lynn Gillman
RICHMOND, VA FASTPITCH PITCHING
ACADEMY

Recognized as the premier pitching instructor in Richmond, Virginia, Rita Lynn has 20 years of teaching experience. A full-time fastpitch pitching instructor, she owns an indoor training center and has influenced the careers of some of the best pitchers in the state. Her energetic and informative sessions will help improve pitchers' mechanics, speed and ball spin. Visit ritalynn.com for more pitching tips, videos and handouts.

Jess Dannelly
COASTAL CAROLINA UNIVERSITY



Jess Dannelly is entering his 21st season at the helm of the Lady Chanticleer softball program. Under his direction, the Lady Chants have won five Big South Conference Championships and advanced to the 1998, 2000, 2001 and 2006 NCAA Regionals. With his 633-464 (.577) career record, he is Coastal Carolina's all-time winningest coach and ranks 31st among active NCAA softball coaches in victories. Entering the 2008 season, the Dannelly-led Lady Chants have placed 20 players on NCAA's All-Region teams, 90 players on Big South All-Conference teams and 62 players on Big South All-Tournament teams. During his career, Dannelly has been named the Big South Conference Coach of the Year seven times.



Bill Gray
KENNESAW STATE UNIVERSITY, GA

Assistant Coach Bill Gray begins his fifth season at Kennesaw State after spending six seasons at the helm of the Francis Marion University softball program in Florence, SC. Gray will once again work as the Owl's chief hitting instructor, assist with pitchers and catchers and recruiting. Under his direction as hitting coach, the Owls have broken every offensive school record. In 2007, Gray was instrumental in leading KSU to the A-Sun conference crown with a 44-20 record.



SOFTBALL SCHEDULE

Friday, January 11, 2008

10:00 to 9:00 Registration
2:00 to 8:00 Exhibitors (Showroom)

MONROE III
Dr. Robert Prazer

11:30 to 12:15 The Role Of Vision In Elite Athletic Performance:
20/20 Is Just The Beginning

Jess Dannelly

1:00 to 1:45 Coastal Carolina's Absolutes Of Hitting

Caryl Drohan

2:00 to 2:45 Practice Organization: Are You Covering All The Bases

Larry Ray

3:15 to 4:00 Pressure The Defense With Aggressive And Smart Baserunning

Caryl Drohan

4:15 to 5:00 Wildcat Hitting Fundamentals: Drills To Build A Better Swing

Bill Gray

6:00 to 6:45 Catchers: Catching Drills For Receiving, Blocking and Throwing

Rita Lynn Gillman – Pitching Blowout (all age levels)

7:00 to 10:00

- A. Practice Makes Permanent: Correct Mechanics For Efficient Pitching
- B. It's All In The Spin: Direction Of Spin And Speed Of Spin = Movement
- C. Speed Kills: Techniques For Increasing Pitch Velocity

ALL COACHES

10:00 to 10:30 Cool-Down Session—
Let's Not Leave Any Questions Unanswered

SOMERSET ROOM

Jess Dannelly

3:15 to 4:00 Defensive Strategy And Drills For Success

Bill Gray

4:15 to 5:00 The Short Game: Bunting For A Hit
Or Sacrifice And Slapping From The Right Or Left Side

WASHINGTON/WESTMORELAND ROOM

Dr. Robert Prazer

1:30 to 2:15 The Role Of Vision In Elite Athletic Performance:
20/20 Is Just The Beginning

Greg Altman, M.D.

7:15 to 8:00 Shoulder And Elbow In-season Exercise Program

Saturday, January 12, 2008

8:00 to 12:00 Registration
9:00 to 12:00 Exhibitors (Showroom)

MONROE III
Bill Gray

9:00 to 9:45 Hitting: Power And Average

Larry Ray

10:15 to 11:00 Teaching The Proper Technique Of Slap Hitting

Caryl Drohan

11:30 to 12:15 Progression Drills To Develop Your Infielders

Jess Dannelly

1:30 to 2:15 Outfield—Communication, Ground Ball
And Fly Ball Drills That Can Be Used Daily In Practice

Special Youth League Sessions WASHINGTON/WESTMORELAND ROOM

Caryl Drohan

9:00 to 9:45 A Foundation For Developing Young Hitters

Bill Gray

10:15 to 11:00 Teach Them Young: Bunting Is One Of The Games Most
Important Skills

Larry Ray

11:30 to 12:15 Practice Simplicity With Constant Repetition:
Skills That Must Be Taught To Young Players

MONROE III
Jess Dannelly

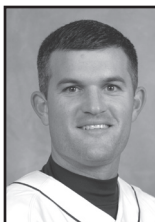
12:30 to 1:15 Drills To Reinforce Proper Catch And Throw Mechanics

Ryan Morris
OLD DOMINION UNIVERSITY



Ryan Morris begins his fourth season as the Monarch's assistant coach after spending five years as the recruiting coordinator, infield coach and defensive assistant at Virginia Commonwealth University. During Morris's tenure at VCU, the Rams defense ranked among the national leaders. In 2004, Morris managed the Peninsula Pilots in the Coastal Plains League, where the Pilots set the franchise record for wins. A three-year starter at Bridgewater, (VA) College, Morris helped the Eagles to three consecutive Old Dominion Athletic Conference tournament championships from 1994-96 and two appearances in the NCAA Division III Tournament. Named the team captain in 1996, Morris hit .300 for his career and is second all-time with 69 career walks.

Scott Jackson
LIBERTY UNIVERSITY



Scott Jackson, hired as an assistant coach at Liberty University in July of 2007, will have the responsibility of handling the Flames' pitchers. Jackson joins the Liberty coaching staff after five seasons as the pitching coach at UNC Wilmington. During his tenure at UNCW, eight Seahawk pitchers were either drafted or signed free agent contracts with Major League Baseball organizations. Under his tutelage, UNCW pitchers posted 40 or more victories in four of his five seasons and earned three NCAA Regional appearances. In his first year at UNC Wilmington, the Seahawks pitchers finished the season with a 3.75 ERA, ranking 27th nationally, as the program garnered its first ever NCAA Tournament appearance. The Charlotte, NC native also managed the Wilmington Sharks of the Coastal Plain League to a 31-17 mark and circuit-leading 2.00 ERA during the summer of 2002.

Barry Davis
RIDER UNIVERSITY



Barry Davis was named head coach of the Rider University baseball team in July of 2004. In only his second season, he was named the co-winner of the Metro Atlantic Athletic Conference Baseball Coach of the Year award, leading the "Broncs" to a playoff berth and a third place finish in the MAAC. Prior to that he was a four-time NJCAA Division III National Coach of the Year at Gloucester County College where he won four National Junior College titles and eight regional championships. Davis has compiled 617 victories in his head-coaching career with just 256 losses. He has also sent 17 of his players on to the professional ranks. A 1987 graduate of Bridgewater (VA) College, Davis was an All-Conference shortstop at Bridgewater, earning team MVP honors as a junior.

Frank Velasquez, Jr., A.T.C., C.S.C.S.
STRENGTH AND CONDITIONING
COORDINATOR, PITTSBURGH PIRATES



Frank Velasquez, Jr. is entering his 6th year as the Major League Strength and Conditioning Coordinator for the Pittsburgh Pirates Baseball club. A 1993 graduate from the University of Michigan (B.S. in Kinesiology), he began his career with four years as a minor league trainer for the Texas Rangers and then three years as a strength and conditioning coordinator. He joined the Pirates in 2003. Frank's expertise is in orthopedic physical therapy and rehabilitation/performance enhancement with athletes and people of all ages.

Dr. Robert Prazer
PEAK PERFORMANCE VISUAL TRAINING



Dr. Robert Prazer, a native of Pittsburgh, is an eye doctor specializing in "peak performance" visual training. He has worked with the Washington Redskins as well as a number of high school, college and professional baseball players to help them develop and refine the visual skills necessary to track, focus and react accurately and efficiently. He has developed a testing battery and training program to help athletes reach their visual potential and perform optimally. Dr. Prazer contends that proper visual assessment and training can yield phenomenal results.

Greg Altman, M.D.
TEAM PHYSICIAN, PITTSBURGH PIRATES



Dr. Altman received his medical degree from Temple University School of Medicine in Philadelphia, PA, and completed an internship in general surgery at Allegheny General Hospital. He was a resident in orthopaedic surgery at Hamot Medical Center in Erie, PA, and a chief resident in orthopaedic surgery at Shriners' Hospital for Children in Erie, PA. Board-certified in orthopaedics, Dr. Altman completed a fellowship in sports medicine at the University of Rochester in New York and a fellowship in orthopaedic traumatology at Massachusetts General Hospital and Harvard Medical School in Boston, MS.

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