Milton Softball

Winter – Spring Workout

Clinics

**Objective**

To work closely with Milton Softball to help design and deliver an off season training program all players within Milton’s program. Program will have a design and development focus for the youth softball players of Milton for this year and for years to come. This clinic approach will be our recommendation utilizing our years of experience and expertise in the area. We will be more than open to any and all recommendations put forth by the Milton Softball Board of directors in regards to past learning and experiences unique to Milton softball that may or may not have worked in the past. Our partnership goal is to generate a development and training program that can be executed by future boards and will serve Milton as their needs and skill levels change. As a ‘complete game’ training facility we can provide additional individual training to further define as the needs of each Milton member

**Goal**

Dirt Dawg Sports would like to forge a partnership that will lay the groundwork for the ongoing development and growth of the Milton softball program for years to come. As local softball programs continue to compete against additional youth sports the focus on skills development- program commitment and instilling confidence and creating a love for the game is key for all programs. We would love to take on this challenge with Milton and make softball the sport of choice for the youth of Milton. A successful program will put all competing sports on the back burner, your efforts for pulling together a training program speak for themselves and we would like to help you achieve your goals. DDS Goal is to be the top softball training facility in New England and would love for Milton to be a part of it .

**Dirt Dawg Winter Clinic**

**Requested Clinic**

* **5 weeks of softball clinic to get girls ready to take the field.** 
  + **Options**
    - *Saturday 3:00-4:30 March 23rd – April 20th*
    - *Sunday 12:30- 2:00 March 24th- April 21st*
    - *Monday 5:30-7:00 March 25th- April 22nd*
  + *90 minute sessions per grade/age break*
  + *# of participants TBD by Milton Board-*
* High Level Overview of 5 week clinic
  + *Recommend a stretching and warm up regimen for all sessions*
  + *Recommend running drills to round out complete game of all attendees. We would progress through basic throwing, fielding and hitting stations as part of the clinic. We will break down the game to further define the cause and effect of good and bad habits.*
  + *Include Strength and Conditioning to wrap up each clinic*
    - *Speed – Agility –Footwork – Conditioning of all players*
  + *Include Pitching-Catching Segment for those interested (Milton to provide head count of interested parties as part of registration process)*
  + *Add competitions to peak interest of all participants*
* ***Clinics will be organized and run by DDS Training Staff with the option of Milton Coaches involvement if they desire.***
* ***Clinics can be expanded-shortened in regards to number of weeks and or length of time***
* ***DDS will maximize staff to ensure learning and individual attention of each girl***
* ***DDS will provide additional feedback to parents and coaches on each child as requested***
* ***We love to gather feedback weekly from Milton Board and or parents in regards to clinic***

**List of Training**

Stretching and conditioning

Throwing Mechanics

Fielding Mechanics

Hitting Mechanics

Bunting Mechanics

Pitching and Catching Basics

Work with each child , analyze and work on basics

\*Provide feedback to parents in regards to details they can work on with their child

\*\* We will provide additional specialty clinics for Milton Teams and Individuals at a Milton specific price- some details below.

**Details**

**Cost**

$10.00 per player per week for the 5 week session

Players to register for full session and pay prior to first clinic.

Drop in Players to pay $15.00 per visit

**Includes**

Instructors- Pitching Machines- T’s – Soft toss nets- Balls – Bats –Helmets- Access to meeting room for pre or post meetings. Weekly schedule above will focus on mechanics with all ages and players yet will progress faster with the older, more seasoned players. We do recommend that all ages start with the basic fundamental drills to instill the cause and effect of certain bad habits that exist in all players.

\*We will be able to accommodate any combination of group breaks and skill stations due to size of facility. (14 tunnels available – able to open and close tunnels to create station size that is needed for each skill being developed –pitching-catching tunnel;-live hitting stations- infield-outfield-middle infield.-Space defined by number of participants attending or by drill being run)

**Dirt Dawg Pitching Clinic**

Carrie Rodman, current asst coach and pitching coach for Wentworth Institute of Technology ,will be offering a Softball Pitching Clinic for the girls of Milton for any player interested in learning the mechanics and fundamentals of fast pitch softball pitching.

* **4 week session @ $60.00 per player**
  + *60 minute sessions per grade/age break (3rd to 5th Grade- ages 8-11’s), (6th-8th Grade- ages 12+)*
  + *Max of 10 girls per session*
  + *Pitchers to bring catchers*
  + *2 sessions per age group- 4 clinics in total*

***Additional Clinics to be priced specifically for Milton***

*Middle Infield Clinic*

*Outfield Clinic*

*Bunting, Slap Hitting Clinic*

*Hitting Clinic*

*Outfield Clinic*

*Base Running Clinic*

**Potential Areas for partnering and support moving forward**

**Dirt Dawg Facility option for Milton League Registration**

We are willing to offer our facility to help facility Milton softball registrants. While providing Milton Softball access to our 15 x 27 ft. room for their registration needs. We have wireless internet access if there is a need for online registration as well.

**Coaching Clinic**

Work with Milton Softball with the training the trainer approach. Get all instructors on the same page from skills analysis, player development to running a practice. It is tough to get volunteers but can be easier if they know they will not be stepping into it without some direction and support structure. Also an opportunity for Milton Board to set ground rules for overall expectations of coaching staff – as well as opportunity to instill Milton Boards overall philosophy of youth sports with all of those involved at the front lines. DDS would work with Milton Board to define clinic in depth. As stated above opportunity for Milton to review prior season and set rules and expectations for the upcoming season. Mandatory meeting to maximize participation have worked for other towns.

Recommendation to offer prior to season beginning-

Cost**: No Charge** for initial coaches clinic !

Speak to Drills, Practice Plan, Parent-Player Management, Milton Board Input-Year in review

**Softball Tryout Venue**

Happy to work with Milton on leveraging our facility to help with player evaluation and winter tryouts to help expedite team and overall league implementation come spring season. Number of players, instructors and amount of space needed for tryout will determine cost, TBD

**Dirt Dawg Softball Specific Staff**

Pitching **Carrie Rodman**- Emmanuel Grad – Positions held- Head Coach Emmanuel Softball- Currently Asst Coach at Wentworth (Player Devl- Pitching Coach)- past 2 years.

Hitting Instructor **Kevin Meany** – 37+ years coaching experience at all levels of ball- Major League Player Devl and Training- Puerto Rico.

All Skill positions -Catching Instructor-Strength and Conditioning-- **Onix Mercado** Cincinnati Reds Organization- Independent Ball Worcester Tornado’s-Professional Softball Experience.

**Alysia DiMuzzio** – Curry College Softball Starter2005- 2008 – Conference All star-1st Team All American

**Rachel Carvallo -** Quinipiac Graduate- Middle infield –speed game-Slap Hitting specialist

**Tim Norton** – Stoughton High School Freshman Softball Manager

**Mike Kinsella**- 18U Club Head Coach- Vast softball experience

**Chris Curran**- Drafted by Washington Nationals MLB- currently with New Jersey Jackals of the Independent league, outfield and base running specialist- Speed and strength and conditioning specialist.

Staff has well over 100 years of Coaching experience –from 5 yr old Skills Devl to MLB Coaching Experience and everything in between. Staff also consists of local Independent-Cal Rpken-Little League –Hockomock Board of Directors with over 75 years of experience that can help provide ideas and support to your local boards if needed.