

Girl's Windmill Pitching



By
Bill Dryden

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New Year, New Resolutions?

Resolutions are so easy to make and so easy to break.

Maybe you made a New Year resolution to quit smoking and that lasted almost 2 hours and then, kaput! Maybe you should have made an easier resolution like resolving to quit for almost 2 hours. That would have been a success!

I wonder how many resolutions were made at New Year's Eve parties when the resolver (is that a word?) was 3 sheets to the wind.

I tend to make resolutions I can pretty well keep, as readers of this newsletter know from past New Year Issues.

This year my resolutions are:

I resolve to not contradict my wife (within earshot.)

I resolve to never again walk on my hands (of course I never did it the first time.)

I resolve not to climb the electric pole outside of my house.

I resolve to stop asking for a 42" HDTV for the bedroom (someday after Cheryl lets me have one.)

I resolve to figure out how the squirrel got in my living room December 15th. He was rather large. I named him Houdini and I thought I saw him going out the back door with a jar of peanut butter under his arm. I could be mistaken. It may have been an ugly, hairy kid.

I resolve not to wear Speedos (the world is a happier place).

I resolve not to eat any meat from animals with bare tails. (People around here go nuts for muskrats this time of year. If it has r-a-t in the name, Billy Boy does not E-A-T.)

I resolve to ask the first intelligent person I see what the distance of “a stone’s throw” is? I haven’t asked you? Hmmm!

I resolve to not try to buy the Illinois senate seat.

I resolve to not try to sell the Illinois senate seat.

See! There you go! There are ten resolutions that I should have a somewhat reasonable chance of maybe keeping in 2009.

Now, pitchers and pitcher’s parents; Have you any resolutions that will help you raise your game level?

If not, why not make a few that you have a chance to keep?

For instance, don’t resolve to pitch every day. You won’t and you will break that quickly and it is not necessary.

How about instead, resolve to pitch at least 30-45 minutes, 3 times a week. You can even let your lesson be one of those.

You can resolve to bring yourself to a point where you can locate your pitches up, down, inside and outside. That is no easy accomplishment but it will make you a much better pitcher.

How about resolving to do more with strength training? Train 3 times a week at least 45 minutes on the days you don’t pitch and 2 times during the season.

Resolve to increase your speed 3 mph in 2009. That is a steady 3 mph, not hitting that speed once every now and then.

Resolve to improve your mechanics. If you are not getting good vertical spin on the fastball, work on it. If your other pitches lack the correct spin, work on it. If you flail the glove, work on it. If your ball hand is not overhead when your stride foot hits, work on it.

I still like the quote Glen Warholic made to the pitching students who were getting ready to attend my clinic.

”Insanity is doing the same thing over and over again and expecting different results.” He didn’t know who the original quote was attributed to but I did some research and found it was Albert Einstein.

How true that is! If you continue not practicing enough or practicing with faulty mechanics or not lifting weights for strength training, how can you expect the results to be better in 2009?

Some of you will have the chance to be seen by top college coaches this summer. Don’t make excuses. Make progress.

Some of you are still at the younger levels and can plan for the future instead of it staring you in the face. Resolve to write a plan for your progress and follow it.

Here’s hoping that you all see great results in 2009!

Photos



Liz Mack, New Oxford High loads and as stride foot touches her ball hand is overhead.



Nice bent flexed elbow to facilitate whip and snap and notice that the shoulder and hip is aligned and the chin in level.



Arm follows through loosely (bend in elbow) and finishes high while both shoulders are level.



Everyone smile pretty for the family Christmas portrait. Ray and Ashley have no idea what 6-month-old Marlee is doing.

Tips

Study the sequence of Liz Mack of Wagner's Gold. This is great form. The head is out beyond the knee with the load. When the stride foot touches the ball hand is above the head, extending but not locked at the elbow. As she gets to the $\frac{3}{4}$ point of the sequence the arm is bent to allow the whip and snap and the drive hip and shoulder are aligned. The chin remains straight. Right after release you can see the alignment is still perfect. The chin is still level. In the follow through photos the arm is loose and whipping through to the final arm position, which is a nice, high finish with the palm facing her face. Lizzie is doing a lot of things well in this sequence and is showing why she is generating a lot of D-I interest.

Girl's Windmill Pitching Online

Jan Greenhawk maintains www.windmillpitching.org and you can find the newsletters posted on that site if you cannot get them from me by email.

Maryland Stars Pitching Clinic

The first session ended on January 4th. If you are interested in the second session contact Staci Speierman at sspeierman@comcast.net or go to the Maryland stars website to register: www.marylandstars.org ASAP. The 2nd session will begin January 11th and last 8 weeks ending March 22nd. There will be 3 open Sundays including super bowl Sunday. **All six time slots are filled for this clinic. There is one young lady who wants in but we cannot do 5 at one time due to building size. If we can get 3 more the Stars will add another time slot. Anyone wanting to register please contact the stars ASAP.**

Featured Pitchers

Occasionally I am going to try and feature a short video of one of my pitching students on YouTube. These will be girls showing great pitch mechanics. So if any of my students want to be included make sure your mechanics are excellent. Practice them!!

Currently you can watch a frame by frame study of Brooke Tull from Wagner's Gold at: <http://www.youtube.com/watch?v=VBT6-Z8G1sM>

Once the slide show loads it is best to use the slide and move the frames yourself and stop them where you want. Otherwise it moves too slowly because I am not very good at converting from high-speed stills to movie mode.

Also I have uploaded a video clip of Emily Maseth, a student who pitches for the Maryland Heartbreakers 10U. Emily has great mechanics and is a smooth, aggressive pitcher.

She can be viewed at: <http://www.youtube.com/watch?v=VBgA03fJb9E>

Kristen Griffith of the Maryland Stars Red 12U team throws a great flip change with good arm speed and excellent vertical movement at

<http://www.youtube.com/watch?v=aF8E76Bo2vk>

Bengies-Chase Pitching Clinic

Both sessions of this clinic are full . You can have your name put on a waiting list in case someone drops out.

Contact Dennis at: dpa830@comcast.net or call him on his home phone at: (410) 335-5845.

Andy Givens' Hitting Instruction

Andy Givens is the former Delaware Technical and Community College Assistant Baseball Coach, and former Head Softball Coach. He is currently the Cape Henlopen High School Head Softball Coach along with being the Delaware Diamonds 16U Black Head Coach. Andy gives private hitting instruction at his place between Georgetown and Laurel, DE. If you are looking for a superb, patient instructor to help give you an edge, contact Andy at (302) 228-7960 or email him at: ragivens@verizon.net

News and Tournament Results

Do you ever think about the possibility of your daughter burning out in her sport. It happens. They occasionally need down time.

Watch this video that Jan Greenhawk sent me. Just click on the link.

<http://sports.espn.go.com/broadband/video/videopage?videoid=3795996>

Danny Wright informed me that the Delaware Diamonds 18U have been accepted into the Pennsbury Showcase. This is one of the more notable showcases in the Northeast.

I noticed Comcast had deemed it appropriate for the Big Ten Network to be added to my sports package. Hurry up to the Michigan Wolverines Stephanie so I can watch you!!

At the Sussex Tech Speed and Conditioning Class Cassidy Taylor was timed in the 20-yard dash (home to first) at 2.64 and 2.68 on Monday and 2.62 3 times on Wednesday. She is the fastest participant by far.

My prayers are with Liz Mack of Wagner's this week. She will have oral surgery to remove wisdom teeth Tuesday morning. I don't know. You take a cute blonde, cut out anything that says "wisdom"...Just doesn't seem right. Good luck Liz!

Beverly Weaver and Cassidy Taylor had the honor of pitching against some of the best 18U teams in the country this weekend at the Rising Stars Showcase in Davies, Florida. The Virginia Stars managed only one win but the pitching staff was complimented by opposing teams including the 2008 ASA Gold National Champions, Gold Coast Hurricanes.

Jan Greenhawk, assistant coach of the Stars sent me this synopsis of the showcase which was heavily attended by many college coaches.

My question to Cassidy Taylor was: "How many pitchers from Delaware can say they have pitched against the best team in the nation?" A more poignant question may be "How many have pitched against the top team in the nation before they have ever played one high school game?" The stars were on the main fields at the main complex going against the toughest competition at the tournament.

"Game 1 - Midland Magic Gold vs. Virginia Stars

Stars win 7-4

Winning Pitcher Cassidy Taylor struck out three in her first start here in Florida.

Cassie Greenhawk had a hit and scored a run (1 for 2, BB)

Cassidy Taylor scored a run.

Game 2 - California Strike Force 4- Stars 0

Bev Weaver took the loss giving up 4 runs and five hits. Struck out 2 batters.

Cassie Greenhawk was 1 for 3

Bev Weaver had one hit and BB.

Game 3 - Arizona Roadrunners 9 - Stars 1

(Nobody really did anything here, and our other pitcher pitched.)

Game 4 - Gold Coast Hurricanes - 9 - 0

Losing pitcher Cassidy Taylor pitched against the Gold National Champions. She struck out 2 and gave up 6 hits. Of the 9 runs scored 6 were earned. Bev Weaver came in in relief and gave up one run, 3 hits.

Cassie Greenhawk had 1 of the Stars two hits off pitcher (I think) Rachele Fico (signed to LSU).

Game 5 - Jacksonville Storm Gold 9-2 over Stars.

Bev Weaver took the loss for the Stars, going 3 innings, giving up 5 hits (walking 4, hitting 1. Cassidy Taylor went one inning and gave up three runs and five hits.

Cassie Greenhawk had a hit and scored a run for the Stars, Bev Weaver was two for two and scored a run.

Game 6 - New Jersey Intensity 4- Stars 0

Cassidy Taylor took the loss, pitching two innings, giving up three runs on 5 hits and walking two. Bev Weaver came in as relief and pitched three innings, giving up 1 run 4 hits. She made two outstanding defensive plays in the circle.

Cassie Greenhawk had 1 hit, Cassidy Taylor had one hit

Overall, Cassie was 5 for 14, scored two runs and had two walks. (on base 7 out of 14 plate appearances)

Beverly was three for seven and had three walks.(on base 6 out of 10 plate appearances); Cassidy was 2 for 12 and had an on base of 5 out of 15 plate appearances.

Both Bev and Cassidy were mentioned as " great young talent" of the Virginia Stars by other coaches. There were many coaches watching us play as we were in the main complex five out of six games.

Some notable defensive plays were Cassie Greenhawk throwing out a runner at third from right field, Bev making a great play on a grounder to her right and throwing out a runner at third. "

Bill: additional notes. I am impressed with how both of these young ladies have made the jump to the Gold level.

During all of her starts except the last one, Cassidy performed with great poise and presence. She was very willing to listen to suggestions. Her pitch movement on Friday and Saturday was very good. Her rise was excellent on Friday. If this young lady continues to compete at this level, work hard, and stay focused, she will be a dominant pitcher.

Beverly did a good job for the most part. Her biggest problem is her tendency to get wild with runners on base. However, in her last few innings on Sunday I saw her take a strong leadership roll in the circle and do a great job. If she corrects a few mechanics issues and is mentally strong, she will also be a dominant pitcher.”

I reiterate Cassidy is a freshman, whose only 18U experience is with this team. Her experience last season was only at 14U and maybe a 16U tournament. This is her 3rd time with the team and only her 2nd complete showcase. Beverly is a sophomore who played her first 18U showcase tournaments only this fall. Both girls faced the best the showcase had to offer and gained valuable experience. If they can build on what they learned, and listen to the wisdom of coaches who have been there and can direct them, they will go a long way.

The competition is tougher than any they have faced but this is what you face if you have desires to play at the division one college level. You don't get better playing kids that are at or below your level. You get better by playing those who are at or above your level.

Lauren Walker went to the University of Florida clinic the weekend before Christmas.

A few more verbals have occurred since the last newsletter.

Rhode Island Thunder Gold Commitments

2010 Maggie Quealy pitcher/OF Verbal to University of Massachusetts

2010 Alyssa Zahka, Catcher/1B Verbal to University of Vermont

So Cal Athletics 18Gold

Amy Nece, 2010, 2nd base/of Verbal to University of North Carolina

Due to an injury, one student moving to Friday to go back to back with her sister and to indoor field hockey I do have a few openings for potential private students at the Bishopville, MD facility. On Mondays I have 5:00 and 6:30 and 7:30 open. If you know of anyone interested, please have her parents send an email to me.

