

## **Wednesday, August 8 (Day 1)**

3:00 – 4:00pm	Registration & Check-In
4:00 – 4:10pm	<b>Opening Remarks</b> – <i>Cindy Bristow, Softball Excellence</i>
4:15 – 5:45pm	<b>How to Get Today's Athletes to Fearlessly Compete</b> – <i>Tom Hanson, Heads Up Baseball 2.0</i>
5:45 – 6:05pm	<b>Bombing the Expert on the Mental Game</b> – <i>Tom Hanson, Heads Up Baseball 2.0</i>
6:10 – 6:30pm	<b>Micro-Topic Session #1</b> <i>5:50 – 6:10pm - The Japanese Approach to Sports Psychology – Natasha Watley, Team Toyota &amp; USA Softball</i>
6:35 – 6:55	<b>Roundtable Discussion #1</b>
6:55 – 7:00pm	<b>Day 1 Wrap-Up</b> – <i>Cindy Bristow, Softball Excellence</i>

## **Thursday, August 9 (Day 2)**

9:00 – 9:55am	<b>How Slappers Learn Their Roles &amp; Strategy in Today's Power Game</b> – <i>Natasha Watley, Team Toyota &amp; USA Softball</i>
10:00 – 10:20am	<b>Panel #1 – How I Use Speed in Today's Power Game</b> ( <i>Natasha Watley – USA Softball, Matt Meuchel – University of Arkansas, Cat Heifner</i> ) MODERATOR: <i>Cindy Bristow – Softball Excellence</i>
10:20 – 10:40am	Break
10:40 – 11:25am	<b>Micro-Topics Session #2</b> <i>10:40 – 11:00 - Hitting Multiple Speeds; Tips &amp; Drills - Samantha Ricketts, Mississippi State</i> <i>11:05 – 11:25 - Hitting the Riseball; Tips &amp; Drills - Tripp MacKay, Kennesaw State</i>
11:30 – 12:00pm	<b>Roundtable Discussion #2</b>
12:00 – 1:30pm	Lunch
1:30 - 2:25pm	<b>My Favorite Hitting Drills</b> – <i>Matt Lisle, University of Missouri</i>
2:25 – 2:45pm	Break
2:45 – 3:30pm	<b>Micro-Topics Session #3</b> <i>2:45 – 3:05 - My Favorite Hitting Chart - Matt Meuchel, University of Arkansas</i> <i>3:10 – 3:30 - Gameday Pressure Drills - Cat Heifner, University of Minnesota</i>
3:30 – 3:50pm	Break
3:50 – 4:10pm	<b>Panel #2 – Launch Angle: What It Is to Me &amp; How I Teach It</b> ( <i>Matt Lisle – University of Missouri, Tripp MacKay - Kennesaw State, Corrie Hill - University of Texas-Dallas</i> ) MODERATOR: <i>Cindy Bristow - Softball Excellence</i>
4:15 – 4:50pm	<b>Roundtable Discussion #3</b>
4:50 – 5:00pm	<b>Day 2 Wrap-Up</b> – <i>Cindy Bristow, Softball Excellence</i>
5:00 – 7:00pm	<b>Networking Social</b>

## **Friday, August 10 (Day 3)**

8:30 – 9:25am	<b>Sybermetrics Relevant to Hitting &amp; Offensive Strategy</b> – <i>Matt Meuchel, University of Arkansas</i>
9:30 – 9:50am	<b>Micro-Topics Session #4</b> <i>9:30 – 9:50 - How I Prepare My Hitters During an In-Season Week – Corrie Hill, University of Texas-Dallas</i>
9:55 – 10:20am	<b>Roundtable Discussion #4</b>
10:20 – 10:35am	Break
10:35 – 11:30am	<b>Timing: How to Get It &amp; Regain It When Lost</b> – <i>Tripp MacKay – Kennesaw State</i>
11:35 – 11:55am	<b>Panel #3 – All Speaker Panel Q &amp; A</b>
11:55 – 12:00pm	<b>Closing Remarks</b> – <i>Cindy Bristow, Softball Excellence</i>