



*We prepare this newsletter because we  
enjoy talking softball  
and seeing pitchers improve.  
Please send it to friends who also enjoy the  
sport.*

### Practical Tips for Pitchers

(and the mechanical issues related to them)

**The best pitcher's toe protectant we have found:**  
I like the epoxy type that you mix and apply. Not only is it tougher than most glue-on types, but you can also mix a little and patch weak spots that occur. Overall it is a better investment.

**-Related Mechanics:** If she wears through pitcher's toes quickly and plows deep ruts with her drag that is a mechanical problem that can lead to injury as she gets more power. It is also causing huge friction against the ground which slows down the pitch and greatly harms the leg snap that generates movement on breaking pitches. A good instructor should be able to fix it quickly.

### TincherPitching COMES TO YOU...

Our summer travel plans already include areas all around Virginia, South to South Carolina and Georgia, and west to Colorado!  
Gather up a few kids....  
and, we'll come see you for a day or two of lessons  
Email us soon with your requests!

*SUMMERTIME....summertime...*

### WHAT IS A WARMUP?

By Angela Tincher

Between regular pitching workouts and the "big game" that's always around the corner, the proper warm-up can get overlooked. It's one thing to be mentally focused during practice or a game, but, how much can the correct focus during warm-ups affect your performance?

I think a good mental approach and understanding of the priorities of a game warm-up become increasingly important with age and competition level, but the earlier you get comfortable with your routine, the better!

What is the primary purpose of your warm-up before a game?

Simply that—to warm up!

You need to realize that every day you practiced mechanics, spins, etc has built the foundation for great muscle memory, and on game day you just need to get those muscles loose and ready. Develop a routine that makes you comfortable, but remember a few key points:

**Less is more!** If you were running a marathon race, would you run another 26 miles immediately beforehand just to make sure you were ready?

Of course not. You need to save up plenty of gas for the game. Keep it short and simple. 25-45 minutes should be plenty, depending on how fast you go between pitches.

**Don't do too much too soon.** Your first riseball or change-up doesn't need to be spot on. Pick one aspect at a time to nail down. Maybe get your spins tight, then add in the right height zone, and lastly try to spot inside/outside and slowly increase speed. Pitchers that want that "perfect pitch" in the first 5 minutes of their warm-up can over throw, start forcing things, and get stressed!

**Your mind also needs to be loose and ready.** Entering the first inning, you need to be calm, collected, and confident. Even if you didn't feel as happy with your fastball as you were in that great practice last week, you have to realize that it didn't go anywhere. Concentrate only on positives in your warm-up, and trust that you can keep getting better every inning. Maybe you'll start out with great location, and tighten up spins or speed as you go. If you worry too much about what's missing, you might lose what you already have!

**Overall, repetitions and "work" happen every day**

in practice and lessons, so relax on game day and trust yourself and your preparation! If you've put in the time, then a proper warm-up is the last step before taking it into the circle. Finally, and most importantly, **remember to have fun.** 😊

Just a few Lesson Openings in May at The Edge...

4 o'clock openings on May 12, 13, 25, & 27; 5 o'clock on May 25<sup>th</sup>; last minute 5 or 7pm on 13<sup>th</sup> !!  
Saturday, May 15<sup>th</sup>—email if interested a couple times are open.

### Reading Your Pitcher Better

By Denny Tincher

If you are trying to help your daughter reach maximum potential, *get to know her*. As parents, we are the single greatest influence when it comes to helping a girl learn to deal with adversity, develop a work ethic, and finding ways to motivate herself. Most parents think they know their daughters because they have spent their entire life together.

My younger daughter has the unfortunate curse of growing up in Angela's shadow. When your big sister has set many college records, played on national teams, and enjoyed professional success, that's a big act to follow. We have always avoided comparisons, yet Abby was struggling with her pitching lately and I suddenly I realized I was dealing with her like Angela. Their personalities are so different, so she needed a different approach, one that met Abby's specific needs and motivations.

How do you do that? Spend some time really thinking about your daughter and listening closely. What excites her, motivates her, and how does she measure success? Watch her closely and let her teach you how to deal best with her. I couldn't even get Abby to clean her room, so how was I going to help her find her own way to reach her dreams? Something had to change. As a dad, my tendency is to want to change her, but having coached long enough, the realization came that it was time to let her change me to the kind of person to whom she would best respond as we worked toward her dreams together.

### Training Principles

By: Robbie Hebert, CSCS

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*Condition the entire body, not just your arms.*

The majority of the movements made in softball, hitting and throwing, start with your legs and core, not with your arm.

This is really important to realize as we begin to develop as softball players.

Your legs and trunk make up what is called the "power zone." Your body is a 3-link chain made up of the following:

(1) legs (2) trunk (3) arms.

The forces begin in the legs, then are transferred to the upper body through the trunk and finally applied to the instrument (bat or ball) being used.

A weak core can't transfer 100% of the forces generated by the hips and legs which are transferred to the bat or ball. The end result is a loss of arm speed, bat speed and power. Injury often occurs when we try to compensate for this loss of speed and power, by putting more stress on the arm and shoulder muscles.

*Condition the entire body, not just your arms.*

### "Where's Angela"?

She is coaching at Syracuse University this spring and loving the other side of softball! This summer, it's back to the circle... pitching for the USA Futures Team. She is scheduled for two exhibition games taking on the USA National Team on June 16<sup>th</sup> at Thurman Munson Stadium in Canton, Ohio and June 17 at Brookside Park in Ashland, Ohio.

Then in July, both USA teams, Canada and Japan will meet for the 5<sup>th</sup> World Cup of Softball, back at the Hall of Fame Complex in Oklahoma City. We hope to make that trip July 22-26.

Keep up at : <http://www.atincher.com/>

Watch for details of exciting softball training sessions coming  
this summer  
from TincherPitching !!!!

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## JUNE LESSON SCHEDULE

Lessons will continue on Tuesday/Thursday evenings at The Edge in Roanoke through mid-June.

Then our summertime schedule will begin, which will include some day times...watch for details.

(No Lessons June 28th-July 2<sup>nd</sup>)

**E-mail your requests soon!**

[TINCERPITCHING@AOL.COM](mailto:TINCERPITCHING@AOL.COM)

## THE 2010 ACC SOFTBALL CHAMPIONSHIPS

### Coming to Virginia Tech !

If you are within driving distance of Blacksburg, VA, don't miss an opportunity to see some great softball as VT plays host to the ACC Softball Championship.

**Boston College/ Florida State/Georgia Tech/Maryland  
North Carolina/NC State/UVA/Va Tech**

## CHAMPIONSHIP SCHEDULE

**Quarterfinals: Friday, May 14<sup>th</sup>**

**Game 1 - 12:00 pm**

**Game 2 - 2:30 pm**

**Game 3 - 5:00 pm**

**Game 4 - 7:30 pm**

**Semifinals: Saturday, May 15<sup>th</sup>**

**Game 5 - (Game 1 winner vs Game 2 winner) 1:00 pm**

**Game 6 - (Game 3 winner vs Game 4 winner) 3:30 pm**

**Championship: Sunday, May 16<sup>th</sup>**

**Game 7 - ACC Championship Game - 1:00 pm**

## Freshman "Class"

What's happening with some of our Freshmen?

-Mikayla throws a perfect game, no-hitter and one-hitter in a single day.

-I got to watch Megan toss a no-hitter to stay perfect in varsity action Saturday.

-Jessica gets 18 K's against her varsity's toughest opponent.

-Carley is clocked at 70mph, over and over, by a college at her high school game. Yes, she is a high school freshman.

-Can't leave out a college freshman; Allison is 13-1, mostly in the SEC.

**Wow!**

Our greatest compliment: A parent told me his daughter recites the Bible verse that we use on our business cards and website every time she takes the mound.

*It is God that girdeth me with strength, and maketh my way perfect. Psalm 18:32*