



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

IT'S HERE...
IT'S HERE...

A NEW WAY TO WORK
WITH DENNY VIA VIDEO
CHALKTALK !!!

HERE'S HOW IT WORKS:

If you are having trouble with a specific pitch, dealing with a problem with mechanics, or simply looking to improve a specific part of your pitching, we may be able to help through video analysis. This program is designed to work on very specific areas within the pitch, identify problems, help you maintain and improve your form between lessons, or allow new students to get feedback to see how we could help if we get together for instruction.

Simply video yourself pitching, close-up, from the open side, and email it to Denny at TincherPitching@aol.com (see instructions & pricing below) We only need to see the pitch a couple of times, as longer video takes much longer to upload and download. You will be surprised at how much information we can get from a single pitch, and those corrections will apply each time you throw that pitch.

You will receive your personal video analysis of the pitch you selected with special tips from Denny, usually within 24-hours. You will have his audio and visual notes within your video, an analysis of what he sees and how you need to work on it. He will point out specific problems, what you are doing well, and things you need to better develop. He may even include video of other pitchers who have made the suggested correction so you can visualize the objective.

You can take a look at the **Chalk Talk** videos by Denny on this [PowerChalk](http://www.powerchalk.com/?affcode=tincherpitching) website:

<http://www.powerchalk.com/?affcode=tincherpitching>

Fill in the free registration, then do a keyword search for TincherPitching.

ChalkTalk video services **are not intended to replace one-on-one lessons**, but certainly can enhance your practice time between visits, keeping you more focused on areas you need to work, eliminate problems when you know they are happening, but don't know what to do, and certainly to save on trips when you live across the country!

We hope you will give **ChalkTalks** with Denny a try.

VIDEO Instructions:

Have someone video you from the open side, close in...fingers to toes; and, again from behind, tight but able to see the catcher. Show one of the particular pitches you want us to examine; identify the type of pitch, and if you think that it was a good or bad pitch.

That will enable Denny to help you make corrections, help you understand what you are doing well, or both.

Pricing

\$39 per **ChalkTalk** Analysis

Or, 3 for \$100 -- these can be used over a six-month period or all at once for multiple pitches

Once we receive your video, you will receive a payment request through PayPal (a PayPal account is not required)
Major credit/debit cards are accepted.

Using Weighted Softballs for Training

By **Robbie Hebert, CSCS**

Director of Sports Performance
Edge Sports Performance Center
3710 Tom Andrews Road Northwest
Roanoke, VA 24019
www.theedgesp.com

Many parents and coaches feel like using a weighted softball for training benefits the pitcher in her performance. Is this true?

Many aspects of using a weighted ball can be very scary if the pitcher has flaws in their mechanics. No one should even think about using a weighted ball if they do not have the proper mechanics. So why do we use a weighted ball when performing drills? To work on mechanics, right? Too many coaches implement using a weighted ball with unprepared players, which leads to injuries. The number of throws needs to be closely monitored and certain drills should and shouldn't be used with weighted balls. There are many alternatives that can be used that will give the pitcher positive results other than using weighted balls.

If you increase the weight of the implement (ball), you slow down the arm action. In other words, weighted balls comprise a medium between traditional throwing drills (side sessions, long toss, drills) and what one encounters with medicine ball work and resistance training. There are many aspects that go into using a weighted ball that many overlook. What time of the training season is it and when should they begin? How many throws should be made? How far should they be? What drills should be performed with weighed balls? These are all questions that someone must know before starting a weighted ball program. Using a weighted ball program has many questions that must be answered before beginning.

Weighted Balls, Another Thought

By **Denny Tincher**

Too often we grab a tool and try to fix something that may not be broken. Before considering any tool, we feel the athlete should go through a thorough assessment by a qualified trainer like our friend, Robbie Hebert, who writes for our newsletter. If there is a weakness in a particular part of the body, he will identify it, and then put you on a program to fix it. I have sent dozens of kids to Robbie and his insight is invaluable.

In some cases, the kids were doing weight-training or exercises on their own which actually exacerbated the problem that they were trying to overcome. Recently a pitcher who lives far from here was trying to recover from an injury and I insisted she find someone extremely qualified like Robbie. She was really working to strengthen the part of the body that was injured but it only got worse. They located a professional in their community who quickly identified the problem as being a weakness on the opposite side of the body from the injury, and that weakness was forcing the strong side to try to do more work than it was capable of doing.

The more I learn from people who contribute to this newsletter, like Robbie, Dr. Bolin, and now our Nutritionist, Don Mankie, the more I realize that many of the things I would do with great intentions can actually have a negative effect on my daughter. **Consult the expert, let him determine your needs, and then make decisions about tools you might use.**

TincherPitching

.... On The Road

We love to travel and meet new pitchers. In the past few weeks we have had a blast. October was so exciting, and we want to thank everyone in these areas:

Washington, D.C.-What fun working with Suzy's crew and meeting so many great kids and parents. Wow, the results were more than we could have hoped; we are returning in just a couple of weeks.

Charlotte, North Carolina-The demand was more than we expected so a two-day trip turned into three! Thanks for the emails from parents with some exciting success stories since those sessions. We will be back soon.

Bristol, Tennessee-Over the past year we have made great friends, and we are seeing some of those kids reaching levels nobody could have imagined. This was one of our original scheduled monthly stops.

The Ulster Fillies....



Kingston, New York-They liked my southern dialect there, but I thought they were the ones talking funny! What a super group of people. Thanks for the emails since our visit. We saw some kids grow before our eyes; can't wait to return.

Richmond, Virginia-Wow, I miss everyone there but we have been on the road a lot. We're making up for it and trying to catch up with everyone with two visits in the next few weeks. Susan says response is amazing, so we may have to add another date to get to all of our friends.

Hoping to hit South Carolina soon, as well as Georgia, and perhaps your state. We are always willing to consider travelling as you can see.

January 15th, 2011 – Make plans now to attend...

Angela Tincher's Winter Pitching Sessions

at The Bubble- University of Maryland Campus

Session I (Fundamentals & Mechanics) Ages 9-12 -- 9:00am to 11:30am

Session II (Fine Tuning your Delivery) Ages 12 & up -- 11:30am – 2:00pm

Session III (Movement and Spins) Ages 12 & up -- 2:00-4:30pm

With Guest Instructor, Denny Tincher

For more information/registration visit: <http://terassoftware.com/>

SNACK ATTACK

...Filling The Gap For Good Nutrition

By Don Mankie, RD

The Edge Sports Performance Center

dmankie@hotmail.com

540-774-4865

Despite popular belief, snacking can be good for you if you make wise choices. Obviously, if you snack on low nutrient dense foods like chips, soda, donuts and candy, your body will lack the fuel it needs for optimal performance. It's important to make healthy snack choices to replace the calories and nutrients lost during training. To prevent craving and overeating of high fat and sugar foods, carry food with you and eat a healthy snack before you get hungry. This will keep your energy level up and help prevent fatigue. Good snack choices include many nutritious and conveniently available grocery store items.

The following list provides ideas for snacks at home and when traveling.

- *Fruits and vegetables: Select fresh and dried fruits, they are nutrient dense and portable. Baked potatoes, white or sweet, are a delicious snack, good warm or cold. Fruits and vegetables are high in carbohydrates which are excellent for refueling your muscles after a hard workout, especially potatoes which have a high glycemic effect.
- *Muffins: Homemade or store bought. Prepare low fat, whole grain muffins or look for the same at the supermarket.
- *Bagels: Buy the whole grain bagels that are nutrient bargains.
- *Dry cereal: Mix your favorite cereals with nuts, raisins, or other dry fruit, or eat plain. Choose square and finger size cereals for convenience.
- *Popcorn, pretzels and crackers: Flavor your own homemade popcorn or buy microwave low fat varieties. Select whole grain crackers, good with reduced fat cheese or peanut butter.
- *Yogurt: Easy on the digestive system, and high in carbohydrates, protein and calcium; a great energy boost before or after a morning session.
- *Sports bars, breakfast bars, low fat granola bars: Portable and convenient to keep in backpacks and lockers, a great traveling food. Sport bars usually have a good balance of nutrients.
- *Nuts and seeds: Peanuts, almonds, pistachios, sunflower seeds and other nuts and seeds are good sources of protein, B vitamins, and vitamin E. They are high in fat so balance with carbohydrate foods.

REMEMBER, NOT SNACKING CAN BE A BAD PRACTICE.

USE HEALTHY SNACKS TO FUEL YOUR SPORTS TRAINING PROGRAM!

FRUIT SMOOTHIE

- 1 cup vanilla yogurt
- 1/3 cup orange juice
- 1 ½ cups frozen strawberries
- 1 ripe, frozen banana
- 2/3 cup skim milk powder or protein powder for an extra protein boost
- 1 tsp. vanilla
- 1 cup ice

Combine all ingredients in a blender. Blend until smooth and creamy.

Makes 2-16 ounce servings

Calories – 260; fiber – 2 grams; fat – 2; protein – 16 g

More of Don's
recipes on last
page of
newsletter.....

High Energy Trail Mix

- 2 cups Cheerios
- 2 cups Bran Chex
- 2 cups granola
- 2 cups mini pretzels
- 1 cup raisins
- 1 cup salted peanuts
- 1 cup sunflower seeds
- 1 cup almonds
- 1 cup dried apricots

Makes 20- ½-cup servings

Calories – 250; protein – 8 grams; fat – 15

Breaking the Soda Habit

- 2/3 cup unsweetened fruit juice
(apple, orange, grape)
- 1/3 cup seltzer or club soda

Calories - 75

Loading and Pushing and Locking, Oh My!

Hitting's Three Key Power Movements

By Suzy Willemsen

Willemsen Sports Training

Fairfax Station, VA

In October's newsletter we touched on the three key movements found in elite swings; this month we'll go into more depth on those movements that allow a player to develop a powerful and consistent swing.

1) **Loading** the body with leverage 2) **Pushing** off the backside/weight shift 3) **Locking** out at contact

Loading with Leverage

This position allows a player to gather their energy and "stay back" until it's time to swing! The hitter wants to create an angle from the back of the head to the outside of the back foot so the center of the body is well inside the back foot. The more the body and especially the back knee is above the back foot the more difficult it will be to do this move and in fact hitters will normally end up "drifting" forward and not able to perform the second key movement which is pushing off the back side. A simple test to see if a player has a good leverage angle is to stand in front of the hitter and push against the hitter's front hip. If the hitter can be pushed off balance while in the load position, then there is not enough leverage to create an effective push-off or second move.

Pushing Off the Backside

Pushing off the backside is the force that creates lateral, forward momentum. To develop maximum power there must be forward momentum while the body remains square to the plate. (Whipping the bat into the ball has not yet begun). The pushing off or weight shift gets the player off their backside, freeing up the core power within the hips and creating a stretching effect or elastic energy since the hands will stay back as the body shifts forward. In addition, slack will be removed from the swing so the bat will be quick and efficient to the ball--with power! This movement is one of the most misunderstood parts of the swing (along with the back elbow) and I will go in depth about pushing-off vs squishing the bug in the next newsletter. There is forward momentum in every hitter's best hits; this forward momentum ceases during the lockout movement.

Locking out at contact

Power primarily derives from ball exit speed off the bat. Two main factors determine the max speed of the ball off the bat---bat speed and how much energy is absorbed at impact. For example, during a bunt a hitter is bent at the knees, elbows and holds the bat with a loose grip. A pitch at 60mph hits the bat moving at 0mph ...physics would say the ball should exit the bat at 60mph but we know that wouldn't be the case. The ball would leave the bat around something like 10mph. Why? The bunter's body is acting like a huge energy sponge; all of those bent joints are absorbing energy. However, locking out during the swing does exactly the opposite. The hitter that is locked out or in the process of locking out their lead leg and lead arm will absorb less energy at impact and that will produce more speed off the bat with the ball. Power!

If you are interested in videos showing the three key movements, please contact me. As I mentioned earlier, in the next issue I will go deeper into why we need a push-off/weight shift in our swing vs "squishing the bug".

Have a super Thanksgiving and I look forward to more smash and bash talk in December!

ANNOUNCING CLINIC/LESSONS IN NORTHERN VIRGINIA

FRIDAY/SATURDAY/SUNDAY - - - **DECEMBER 10, 11 & 12**

AT: VBC Occoquan Training Center, 13199 Gordon Blvd, Woodbridge, Virginia

Saturday, Dec 11th -- 11am-2pm -- Softball Pitching Clinic Cost: \$90

Limited to 12 players

To register or to receive more information on clinic, please contact Suzy Willemsen at

willemsensportstraining@gmail.com

Friday, Dec 10th & Sunday Dec 12th – Individual Lessons, 1 hr \$85

To schedule lessons email TincherPitching@aol.com

RICHMOND AREA CLINICS – DECEMBER 4TH

At Extreme Performance Academy, Chester, VA

Two Sessions; 10:00 am - 1:00 pm or 2:00 pm - 5:00 pm;

Cost: \$95.00 Per Session; open to all ages; maximum 12 per session;

For information/registration visit: http://d1showcase.com/SOFTBALL_CLINICS.html

Keeping Your Pitcher Motivated

By Denny Tincher

One of the questions parents ask most is how much they should be involved in keeping their daughter motivated to work. What a big question, and it has no single answer. Hopefully we can give you some guidance and you can apply it to your particular situation.

First, don't expect your pitcher to think like an adult. She has very little experience in setting goals and achieving them. She doesn't understand the concept of building steadily toward a goal that might take five years to achieve. Sometimes older pitchers come to me for the first time with the realization that the recruiting window is closing, and they really feel they need to gain a lot of speed and movement within the next year. It just seems unrealistic to them, until we help them break it down into manageable bites.

One of the problems to avoid is expecting your daughter to know how to manage her time, to discipline herself, to give her best effort every practice, and to understand how to set little goals. **You** have to be there. Be her cheerleader, be her motivator, and at times you need to be her drill sergeant. It takes a combination of begging, bribery, and even serious talks to help get her there. It takes more energy from a parent than it does the pitcher in most cases. You have to be out there learning, thinking of new challenges, and figuring out new ways to keep the practices fun. To stand back and think you are going to magically watch your daughter reach her potential is not productive. She needs your help.

However, let's look at the other side. We also see parents single-handedly taking responsibility for the kid's success. That can quickly take the fun and the sense of accomplishment out of it. After a clinic one weekend, I stopped at a store and a young lady saw my shirt and started talking about softball. She had loved the sport, was being recruited by colleges, but her parents' expectations toward her practice regimen became so rigid that all of the enjoyment was lost and she quit the game.

Give them some room to grow and experiment. Allow them to learn to love the game and to feel their own sense of accomplishment. Why would she ever want to continue a game which has become a source of stress, and a game which she can never play to the level expected by parents?

What is the answer? It differs for every parent and every player. Only one thing remains constant and that is that it will constantly change. The thing that works today will not work tomorrow. It requires listening carefully, observing healthy relationships of other parents and players, tremendous creativity, being honest with yourself about whether you are too involved or not involved enough, and listening carefully to what she is saying...not just with her words, but with her actions. If both of you are not having fun, it doesn't mean it is time to quit. It could just be time to re-evaluate how you are approaching it.

What a wonderful game. Just make sure you spend as much time thinking how you can keep it fun for her as you do putting her through clinics, spending time at the cage, and running her through training and conditioning programs.

To miss that opportunity is to miss the real benefit of working together. I often tell people that, when my older daughter was a teen, we would be warming up to practice her pitching and suddenly she would just stop and become thoughtful. She would look at me and say, "Let me tell you about something that happened at school today that has me confused". With that always came the realization that I am not building a softball player, but helping a young lady become an adult.

New From TincherPitching.com

Let us bring **100 Days to Greatness** to you...

How do you help your player achieve her dreams? Too often we simply do not know how to go about helping our players develop the structure they need to reach their potential. That is why we are making our new training program available for your next player's clinic, coach's clinic, or travel organization.

Someone once said, "The difference between a dream and a goal is a plan". How do you help your daughter, your players, or your coaches develop individual plans? Most of us just don't know where to start.

A 3rd baseman wants to be quicker to the ball, but has no concept of how to identify, and practice, the very specific components that allow that to happen, and then she does not know how to judge if her plan is working. A hitter wants more line drives, but does not know how to design a very detailed program that helps her improve every single day. A pitcher finds herself hitting a plateau and works harder, only to discover that she just gets more frustrated. They each jump from team to team, weight-lifting to conditioning, play even more tournaments, and go to every clinic in the area hoping to find that secret that will be a breakthrough.

Our program, 100-Days to Greatness, is a very simple concept that allows parents, coaches, and players to chart a course for each individual based on her specific needs. It requires some research, working closely with the player to identify her specific needs, and a good bit of energy and creativity from everyone. However, it allows you to become a partner in her goals, helping you work together in a more fun way, and ways to judge the changes in course that are needed.

If you would like to learn more about bringing this new training concept to your organization, contact us at TincherPitching@aol.com

Oven Fries

6 large potatoes
2 tbsp. vegetable oil
2 tbsp. parmesan cheese
½ tsp. salt
1 tsp. paprika
½ tsp. pepper
½ tsp. garlic powder

Wash and dry potatoes, leave peelings on. Cut into ½ inch slices. Place potato slices in a large mixing bowl. Add remaining ingredients and toss until potatoes are coated with oil and seasoning. Bake 30-40 minutes at 400 F.

6 wedges per serving
Calories – 160; fat – 3.5 grams; fiber – 3 grams

Banana Muffins

10 tbs. canola oil
2 cups flour (half white, half whole wheat)
1 cup mashed ripe bananas (about 2 large)
¾ cups plus 2 tbs. sugar
½ cup Breakstone fat-free sour cream
1 tsp. baking soda
2 large eggs
¾ tsp. baking powder
2 tsp. vanilla
½ tsp. salt

Puree the first five ingredients in the blender. Whisk together all the dry ingredients in a large mixing bowl. Pour in the liquids and stir until the dry ingredients are just moistened. Fill paper lined muffin tins 2/3 full. Bake at 375 for 15-18 minutes.

Makes 16 muffins
Calories – 195; fat – 8 grams; protein – 3 grams; fiber – 2 grams

Lessons at The Edge in Roanoke

continue in DECEMBER on

Monday and Thursday nights....

SCHEDULE NOW!

**When you practice, remember,
there is someone, somewhere else who is not,
and when you meet them,**

YOU WILL WIN.

LET THE COACHES COACH

LET THE PLAYERS PLAY

LET THE UMPIRES UMP

LET THE PARENTS CHEER

A poem from some softball friends
in Canada !

Thank you

TincherPitching.com

Look for us on Facebook !!

TincherPitching@AOL.COM

540-960-1750