



*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.*

**K's....**

**Shut-outs...**

**NO-Hitters...**

**OH MY !!!**

**Congrats go to:**

**Carly ... 21 Strike-outs**

**Carley... 21 Strike-outs**  
(yes two different pitchers)

**Biz ... no-hitter**

**Sydney ...no-hitter**

**Emma... no hitter**

**Megan... no hitter**

**Amanda... no hitter**

**Jessica...1-out shy of a perfect game ! ☹**

We know there's more...but these are just a few we have heard from recently. We love to hear what you're doing....send us your updates !!!

### **When to Begin Weight Training?**

**By Robbie Hebert, CSCS**

Director of Sports Performance  
Edge Sports Performance Center  
3710 Tom Andrews Road Northwest  
Roanoke, VA 24019  
[www.theedgesp.com](http://www.theedgesp.com)

At some point in every athletes life comes the day when it's time. . .time to begin lifting weights. Every parent and coach has the same question, "When should the athlete start weight training?" They've just turned 13 and have begun high school, so that definitely means it's time to start, right?

When beginning a weight program, the first thing that we must understand is that we are not just training muscles, but we are also training movements. The "muscles" are what we use to "move" when playing sports. If the athlete doesn't have proper movement patterns and begins to weight train, then an injury may occur.

Where should the athlete begin? Every athlete should start with bodyweight exercises (ex. bodyweight squats, pushups, pull ups, 1 leg RDL, lunges). Why would you begin a program adding extra weight, if your athlete can't control and move their own bodyweight efficiently? I see way too many coaches instructing athletes to bench press, overhead press and perform other exercises that are not related to their sports. Again, this will lead to injuries. Performing these popular exercises incorrectly will have a negative effect on someone's performance on the field. How is this related to softball? How can this exercise help with her performance on the field? Will it help with her balance, hip strength, core strength or scapular stabilization? These should be the areas focused on when beginning a program.

Using a medicine ball when beginning a strength program to perform movements is a great way to get the athlete acclimated to using weights and training the proper movements used on the field. Everything begins with the core when it comes to training both movements and muscles. Both ground base exercises and medicine ball exercises are a great place to start when deciding to begin weight program.

### **Planning a Summer Camp?**

*Call Us.* We will be on the road this summer doing fund-raising camps and clinics for colleges and travel teams.

If you want to talk about ways we can work for you, call or email us today. We love meeting new people and visiting new places!

**TincherPitching@AOL.COM**

**540-960-1750**

## Has She Reached Her Potential?

By Denny Tincher

The last year has been a whirlwind as our company has grown so rapidly that we hardly have time to stop and think. On those rare occasions that allow time to reflect, we notice a pattern in the growth. The largest group consists of pitchers who are frustrated. They used to see improvement, but have stopped getting faster and better and can't understand why. They come to us looking for answers. The second group comes from kids with nagging injuries who want to see if our approach may help them. We get excited about meeting both groups. Today, we will address those who have stopped improving.

Recently we unleashed a kid who was held back by form problems. The improvement in a single lesson was beautiful. After seeing the changes, her mother was stunned. She said that the three major changes we made were completely opposite of everything the kid had been taught from the beginning. That happens over and over, but once we explain the biomechanics of the female body, demonstrate how the body must work for power and efficiency, and unleash the kid, we see a new enthusiasm in the kid's eyes. We have to spend a lot of time removing roadblocks that lead to inefficiency and injury before we can move forward.

Girls instinctively know that their bodies were not designed to go in the direction they are often taught. Yet, because they want to succeed, they are willing to do the things that confuse them until growth stops and frustration builds. A few months ago I watched a new student throw a few pitches and told her that she was putting so many obstacles in her own way that she would never be able to improve. But, I told her that, once we removed them, she would have incredible potential and that she would feel so good that she would probably want to hug me. We began the process, and the next hour was a blur. At the end she said she was pitching light and free for the first time in her life, and the results left no doubt that she was finally on course.

When I told her the lesson was finished she came running across the lane saying she wanted to give me that big hug and almost lifted me off the ground. I felt another presence and realized her father had come running and was hugging us and dancing around as well. Chalk that up as one strange occurrence. I took it as a great compliment.

Very simply, many of the drills and techniques that are often taught take kids in exactly the opposite direction of the elite pitchers you see in the College World Series or on the international scene. Those elite pitchers look light and free, whereas your daughter may look tight and stiff, or just doesn't seem to generate the explosion off the mound you know is possible. That should give you a hint. Probably there is nothing wrong with the kid, but very likely there are obstacles; one of a hundred little things that inhibit her ability to operate at peak and cause both of you to be frustrated.

Or, could it be that she has just reached her full potential? I suppose it is possible, but we have yet to meet that kid. Some of our best students today are ones who came to us because they felt they had reached their maximum potential at some point in the past, but didn't want to believe it.

Have you seen

Denny's new toy...



### **We Like The New Pocket Radar So Well....**

....that we became a dealer. This new tool has proven quite useful. Compact, easy to use, and is quite accurate. To learn more about the radar unit so small it fits in a shirt pocket, contact Susan at [TincherPitching@aol.com](mailto:TincherPitching@aol.com) We offer them at the lowest price available and give you free shipping as well.

- Only 4.5 Ounces; Pocket Radar takes the Gun out of Radar Gun
- Great Range: up to 120 feet away for a baseball, up to 1/2 mile away for a car
- Incredibly convenient to use; One Button, Instant On, Point and Shoot Interface
- Accuracy +/- 1 MPH; Rugged and portable design
- Includes Hard Shell Case, Batteries, Wrist Strap, Quick Start Guide/Manual and 1 Year Warranty

**NOW YOUR AUTHORIZED DEALER**  
WE CAN SAVE YOU MONEY ON YOURS TODAY !  
JUST \$199.99

### **Product Description**

Become a part of the action with the world's only pocket sized speed radar gun.

The Pocket Radar™'s innovative technology allows you to measure the speed of anything from freshly pitched fast ball, to a 300 mph drag racer with accuracy within one mile per hour. It's industry leading point and click interface easily allows you to instantly get in the action with the touch of a single button. The Pocket Radar™'s ultra slim and portable size, along with its rugged and durable exterior, makes it perfect to enhance the experience of not only coaches and athletes, but fans alike in any number of sports including; baseball, softball, tennis, track and field, racing, soccer, cycling, and tons more.

Also ask us about

**Spinright Spinners**  
and  
**Powerline Pitching Mats**

We can save you money!

## Yes, You Can Pitch Too Much

By Denny Tincher

Often a girl will come to a lesson who is struggling to regain her form and we start asking questions; turns out that she pitched four games in a day in order to try to win a tournament! Because the softball motion is different from baseball there is a belief that there is no harm physically. This may be true in some ways, but pitching too many games causes several problems.

As a kid begins to tire, physically and mentally, she loses her focus and the form suffers. Fatigue causes legs to begin to lose explosiveness, the scaps start to sag, the core no longer supports the effort, and soon she is pitching with the arms. At that point, the shoulder and other parts of the body are at risk.

Some people think more is better, so they feel 150-pitches will be better than 100 pitches in practice. Yes, some kids may be ready for that many pitches, but most will lose focus and throw a lot of bad pitches. What have they learned? Basically, how to throw badly. If you see your pitcher losing focus, it is time to change the practice, or to stop, before she develops bad habits.

Last year I had a serious talk with a parent, stating that the daughter was simply playing too much. Too many people think a pitcher will get better with a lot of games, so these folks are playing every single weekend. I always ask how much they have practiced the previous week. They were tired on Monday due to travelling back from a tournament. Tuesday they pitched for an hour. Wednesday they had another commitment. Thursday they practiced a half-hour so they could get ready to travel on Friday. Tell me how a kid can be sharp for the next tournament with 90-minutes of practice all week. **You need to practice at least two hours for each hour you spend in a game in order to have a chance to be sharp.** How can you do that if you play every weekend?

So many of my kids will look fantastic at the start of summer, but you hardly recognize them by fall. You need to stay home some weekends. That is when you both have time to actually work on pitches, to take the time to get things right, and focus on new skills. With my pitchers, we have some rules. For every minute you spend pitching at full distance, you need to spend one minute on drills, whether it be spins, distance pitching, tarp work, speed drills, etc. And, I always say that the only reason we pitch at regular distance is to see what drills we need to do next...to evaluate our progress, and plan that next step. And, then I say the only reason we pitch in games is to see how well we have prepared. Games are feedback to help in making any needed changes in our daily workouts. However, if you do not have time for well-planned daily workouts, to correct form problems due to conditions encountered in games, how did you benefit from the things you learned in games?

Don't get me wrong. I love games. We have a blast. But, if I am not careful, I can get so caught up in the entertainment value that I forget that my first priority is to help my daughter be the best she can be. Sometimes that means staying home and doing what is right for her. Remember, she doesn't have a vast amount of experience in setting goals and working toward them. She needs an adult to take the responsibility and guide her.

## Practical Tips for Pitchers

(and the mechanical issues related to them)

By Denny Tincher

### GREAT PITCHING AIDS ?

If you look in my tool bag, you see a lot of great pitching aids. The best ones cost almost nothing. Let's see...a sock, roll of painter's tape, strip of elastic, towel, softballs I have marked for special uses, water bottle, Sharpie, and tarp. I also have some tools that cost a few bucks; spinner, radar, video outfit, resistance belt, and so forth. To be honest, I could get along fine without the expensive toys, but not the cheaper ones. You won't believe the everyday things you have around the house which can help your pitcher develop. Be bold, try new things, look around your garage and don't be afraid to experiment.

### Related Mechanics

Before buying any tool, get to know the exact motion desired and make sure the tool will help it in some way. In many cases the thing that sounds logical is actually harmful to the desired outcome. I am in favor of shortcuts to learning whenever possible, but when it comes to products, don't take the word of someone paid to endorse it, the inventor, or someone who makes money selling it. They have a special interest. Instead, find someone you trust who has used it and can honestly attest to the specific benefit derived from it. When in doubt, leave it out.

Snowflakes are one of nature's most fragile things,

but just look at what they can do when they stick together. TEAMWORK !!!



## NFCA Endorses USSSA's UCBL

USSSA has formed an Elite College and Beyond League [UCBL]; the league will allow current and past College softball players a chance to play against top notch competition during the summer. It also allows the players that no longer have any college eligibility to be exposed to the NPF [National Professional League]. The UCBL will be governed by USSSA and the USSSA Fastpitch Elite National Committee. The UCBL will follow and adapt to the NCAA Fastpitch Playing rules and abide by any restrictions regarding college athletes as outlined in the current NCAA Constitution Operating Bylaws and Administrative Bylaws and any other Collegiate Governing Body.

Lacy Lee Baker, NFCA Executive Director stated "The UCBL will provide some great opportunities for summer play for college and post-college players. Since the league will make sure all NCAA rules regarding amateurism are being followed, college players will have a great option if they want to continue competition during the non-collegiate season."

As of March 15, 2011 the UCBL has established 6 teams and is looking for 2 more teams to start the 2011 season. Players from the following teams that have used their NCAA eligibility will be allowed to possibly move up and play for the NPF teams.

- |                         |                |                 |  |
|-------------------------|----------------|-----------------|--|
| 1. Wilson Select        | Georgia-       | Larry Barnes    | <a href="mailto:lbarnes770@bellsouth.net">lbarnes770@bellsouth.net</a>       |
| 2. Carolina Elite       | South Carolina | Neal Hopper     | <a href="mailto:mnh306@hotmail.com">mnh306@hotmail.com</a>                   |
| 3. Grand Slam           | North Carolina | Charlie Dobbins | <a href="mailto:cdobbins@peace.edu">cdobbins@peace.edu</a>                   |
| 4. SO Cal Scorpions     | California     | Darryl Joynt    | <a href="mailto:djoynt@moultonlogistics.com">djoynt@moultonlogistics.com</a> |
| 5. Virginia USSSA Pride | Virginia       | Rick Anderson   | <a href="mailto:randerson@uniselectusa.com">randerson@uniselectusa.com</a>   |
| 6. Wagner               | Virginia       | Dean Wassman    | <a href="mailto:dean@barnyardball.com">dean@barnyardball.com</a>             |

**Rick Anderson, manager of the Virginia USSSA Pride says** "We are excited about this opportunity for college players and young lady's that have exhausted their collegiate eligibility having a place play. It's going to give younger girls a chance to see the sport played at a higher level. To be endorsed by the NFCA and NPF and supported by USSSA, I know it's going to help the game! "

The top 4 teams of the UCBL will qualify to play in Sulfur, Louisiana in August in conjunction with the NPF playoff series.

Mickey Dean and Gordon Glennie head up the USSSA UCBL along with the following committee members

- |                  |                                |
|------------------|--------------------------------|
| Tom Turley       | USSSA                          |
| Jessica Mendoza  | USSSA Florida Pride            |
| J D Bancroft     | USSSA Texas Elite              |
| Rick Anderson    | Virginia USSSA Pride           |
| Lacy Lee Baker   | NFCA                           |
| Gaye Lynn Wilson | NPF                            |
| Jenny Finch      | Chicago Bandits [Retired 2010] |
| Larry Brushette  | Mizuno                         |
| Venus Taylor     | Wilson                         |
| Kirk Walker      | Oregon State University        |
| Sue Enquist      | ESPN-UCLA                      |
| Dr. George Davis | NCAA Compliance                |

For further information regarding the USSSA UCBL contact

Gordon Glennie @ [gg914@aol.com](mailto:gg914@aol.com) or Mickey Dean @ [mdean11@RADFORD.EDU](mailto:mdean11@RADFORD.EDU)

Softball is life with the volume turned up... how loud is your game? Crank it up!

TincherPitching@AOL.COM

540-960-1750

## Virginia Wesleyan College

July 20-21, 2011

### **Advanced Pitcher/Catcher Camp**

with Denny Tincher & Jennifer Herzig

This Pitcher/Catcher Camp is designed for athletes who want to improve their pitching and catching skills. **Denny Tincher, father of Va. Tech star and National Player of the Year Angela Tincher, will direct the pitching session of the clinic and UNC Greensboro head coach Jennifer Herzig will direct the catching session of the clinic.**

**PITCHERS** will learn and improve on the bio-mechanics of pitching, how each body part contributes to the pitch and incorporate these lessons through drill work that increases speed and accuracy. Pitchers will also be given a thorough understanding of the major breaking pitches with specific ways to make each more effective. Pitchers will also be introduced to Denny's "100 Days to Greatness" Pitching Program. Pitchers should provide their **OWN** catcher, who is **NOT** attending the catching portion of the camp.

**CATCHERS** will learn and improve on all aspects of being the leader of the defense. Instruction will be geared towards proper receiving & blocking techniques as well as proper footwork and mechanics when throwing. Catchers will also be given valuable instruction on calling a good game, recognizing hitters weaknesses and working with pitchers.

### **Fundamental Pitcher/Catcher Camp**

with Denny Tincher & Jennifer Herzig

This Pitcher/Catcher Camp is designed for athletes who want to improve their pitching and catching skills. **Denny Tincher, father of Va. Tech star and National Player of the Year Angela Tincher, will direct the pitching session of the clinic and UNC Greensboro head coach Jennifer Herzig will direct the catching session of the clinic.**

**PITCHERS** will learn and improve on the bio-mechanics of pitching, how each body part contributes to the pitch and incorporate these lessons through drill work that increases speed and accuracy. Pitchers will also be given instruction on finding a good change-up and begin to understand their movement pitches. Pitchers should provide their **OWN** catcher, who is **NOT** attending the catching portion of the camp.

**CATCHERS** will learn and improve on all aspects of being the leader of the defense. Instruction will be geared towards proper receiving & blocking techniques as well as proper footwork and mechanics when throwing.

Registration will be up soon at the Va Wesleyan College website;

*Thanks for your hospitality*

*on our recent visits to....*

Bristol, TN;

Winchester, Chester, and Woodbridge, VA;

And, Charlotte, NC

*We will be back soon !*

Continuing Monday & Thursday nights at the Edge in Roanoke; **SCHEDULE NOW !**

### **"CHALKTALK"**

#### **WORK WITH DENNY VIA VIDEO...**

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.

You can take a look at the **Chalk Talk** videos by Denny on this **PowerChalk** 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!

### **100 DAYS TO GREATNESS**

How do you help your daughter, your players, or your coaches develop individual plans?

Most of us just don't know where to start.

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 giving you a method

to judge when a change in course is needed.

**Learn more about bringing this new training concept to your organization, contact us at**

[TincherPitching@aol.com](mailto:TincherPitching@aol.com)