

## National Fastpitch Coaches Association

*Skills to be demonstrated to College Coaches*

1. Athletes hit off of a pitching machine (56-59 mph)
2. Athletes run 60 feet and home-to-home timed sprints
3. Athletes throw overhand, clocked in mph from 60 feet
4. Position Play Defense:
  - Pitchers throw from six different stations, clocked from two
  - Catchers throw pop-to-pop, to bases, block and retrieve bunts
  - Infielders and outfielders field and throw from chosen positions

## Coast to Coast Softball

*College Coaches Present To Select International All-Star Teams*

Coast to Coast Softball will be attending each 2007 NFCA administered camp to select the nation's premier high school athletes for international competition, primarily during the summer months. You could be selected to represent your country on one of the world's most prestigious overseas all-star teams.

To learn more, visit <[www.coasttocoastsoftball.com](http://www.coasttocoastsoftball.com)>

## SPARQ Testing

*SPARQ Testing will again be measuring athleticism at NFCA camps*

Testing will be offered at this camp to allow athletes to see where they stand athletically in addition to their on-field skills. SPARQ tests in four areas; 20 and 30 yard sprints (to measure linear speed), 20 yard shuttle (change of direction), vertical jump (leg strength) and a rotational powerball throw (core strength).

The four individual drill results will be combined into a SPARQ Rating, which is the "SAT of athleticism." This rating combines the individual tests of speed, power and explosiveness into a single number characterizing overall athleticism and the results will be posted on the NFCA Web site within five days of this camp.

For more SPARQ information, go to <[www.SPARQTraining.com](http://www.SPARQTraining.com)>

## General Camp Information

### On Site Registration

Campers should plan to arrive **no later than** one hour prior to the scheduled session. At on-site registration, campers will check in, receive an information packet, t-shirt, two participant numbers and a wrist band.

	On-Site Registration	Walk-Up Registration	Session Times
Session I	7:10 to 8:00	*8:00 to 8:20	8:30 to 11:25
Session II	8:30 to 11:00	*11:00 to 11:20	11:30 to 2:25
Session III	11:00 to 2:00	*2:00 to 2:20	2:25 to 5:20

\*Camp Walk-Ups are considered for camp acceptance at these times. Accepted athletes should be registered prior to these times or face potential camp cancellation.

Session I is for Outfielders/Catchers; Session II is for Pitchers; Session III is for Infielders

### Warm-Up

Each participant should allow adequate time for warm-up prior to participation. (Warming up is the participant's responsibility and will not be done as a group).

### Parent Information

1. Parents are invited to attend and observe the skills and educational sessions.
2. Parents are encouraged to attend the post-skills session on the recruiting process for the college-bound student-athlete.
3. College coaches are in attendance at the camp to observe and evaluate talent. Athletes and their parents should not communicate with college coaches at the camp.