



## 2017 Pitching Summit AGENDA



### **Monday, August 7 (Day 1)**

- 3:00 – 4:00pm *Registration & Check-in*
- 4:00 – 4:15pm **Opening Remarks** – *Cindy Bristow, Softball Excellence*
- 4:20 – 5:15pm **Mental Toughness – The Physical & Mental Things We Do with Our Pitchers** –  
*Missy Lombardi, University of Oklahoma*
- 5:20 – 6:15pm **Upping Your Stars – How to Take a 3 Star Pitcher & Raise Her to 5 Star** –  
*Lori Sippel, University of Nebraska*
- 6:20 – 6:45pm **Roundtable Discussion #1**
- 6:45 – 7:00pm **Day 1 Wrap-Up** – *Cindy Bristow, Softball Excellence*

### **Tuesday, August 8 (Day 2)**

- 9:00 – 9:20am **Panel #1 – Freshmen: How to Get Them Ready** (*Jen Rocha – Florida, Missy Lombardi – Oklahoma, Lori Sippel – Nebraska*), MODERATOR: *Cindy Bristow – Softball Excellence*
- 9:25 – 10:20am **A Seasonal Journey through Seminole Bullpens – September thru June** –  
*Lonni Alameda, Florida State University*
- 10:20 – 10:40am Break
- 10:40 – 11:25am **Micro-Topics Session #1**  
10:40 – 11:00 – *Help Your Pitchers Read Hitters – What to Look For & How to See It* – *Lori Sippel, Nebraska*  
11:05 – 11:25 – *How to Create a Cooperative & Supportive Staff* – *Beth Torina, LSU*
- 11:30 – 12:00pm **Roundtable Discussion #2**
- 12:00 – 1:30pm *Lunch*
- 1:30 – 2:25pm **Commanding the Strike Zone – How We Get the Gator Pitchers to Dominate the Zone** – *Jen Rocha, University of Florida*
- 2:30 – 2:55pm **Panel #2 – Handling Recovery with a 1-2 Pitcher Staff** (*John Tschida – St. Thomas, Megan Brown – Boston College, Bridget Orchard – Fordham*)  
MODERATOR: *Cindy Bristow – Softball Excellence*
- 2:55 – 3:10pm Break
- 3:10 – 4:20pm **Micro-Topics Session #2**  
3:10 – 3:30 – *Teaching the Changeup* – *Jennifer Brundage, Michigan*  
3:35 – 3:55 – *Getting Your #2 to Be Ready Like Your #1* – *Michelle Gascoigne, Northwestern*  
4:00 – 4:20 – *My Favorite Pitching Chart* – *Missy Lombardi, Oklahoma*
- 4:25 – 4:50pm **Roundtable Discussion #3**
- 4:50 – 5:00pm **Day 2 Wrap-Up** - *Cindy Bristow, Softball Excellence*
- 5:00 – 7:00pm **Rapsodo Networking Social**



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### Wednesday, August 9 (Day 3)

- 8:30 – 9:25am **Drills on a Dime** – *John Tschida, St. Thomas University*
- 9:30 – 9:50am **Panel #3 – Keys for Connecting as a Pitching Coach** (*Cat Osterman – Texas State, Kelsi Dunne – Embry Riddle, Stacy Iveson – Arizona, Missy Lombardi – Oklahoma*), MODERATOR: *Cindy Bristow – Softball Excellence*
- 9:50 – 10:05am **Break**
- 10:05 – 10:25am **Panel #4 – Scouting Reports: How & When to Use Them** (*Lori Sippel – Nebraska, John Tschida – St. Thomas, Lonnie Alameda – Florida State, Larissa Anderson – Hofstra*) MODERATOR: *Cindy Bristow – Softball Excellence*
- 10:30 – 11:15am **Micro-Topics Session #3**  
*10:30 – 10:50 – My Favorite Pitching Practice Competitions – Jen Rocha, Florida*  
*10:55 – 11:15 – How I Practice with All My Pitchers – John Tschida, St. Thomas*
- 11:20 – 11:50am **Panel #5 – All Speaker Panel Q & A**
- 11:50 – 12:00pm **Closing Remarks** – *Cindy Bristow, Softball Excellence*