

**Monday, August 5 (Day 1)**

- 3:00 – 4:00pm Registration & Check-In
- 4:00 – 4:15pm **Opening Remarks** – *Cindy Bristow, UC Riverside/Softball Excellence*
- 4:20 – 5:15pm **Turning Unconventional Thinking into a National Championship** – *Lonni Alameda, Florida State University*
- 5:20 – 6:15pm **Developing a Demand-Oriented Training Program for Your Pitchers** – *Dana Sorensen, Sorensen Elite Softball Pitching*
- 6:20 – 6:45pm **Roundtable Discussion #1**
- 6:55 – 7:00pm **Day 1 Wrap-Up** – *Cindy Bristow, UC Riverside/Softball Excellence*

**Tuesday, August 6 (Day 2)**

- 9:00 – 9:55am **How We Set-Up Batters – My Pitch Calling & Game Plan Strategy** – *Rachel Lawson, University of Kentucky*
- 10:00 – 10:20am **Panel #1 – Spin Numbers, Metrics, Stats – What Matters to Me** (*Lonni Alameda – Florida State University, Dana Sorensen – Sorensen Elite Softball Pitching, Rachel Lawson - University of Kentucky, Perry Husband – Pioneer in the Science of Effective Velocity, Jen Rocha -University of Oklahoma*) **MODERATOR:** *Cindy Bristow – UC Riverside/Softball Excellence*
- 10:30 – 11:00 *Break*
- 11:00 – 11:20am **Micro-Topic #1** – *Pig Pens, My Favorite Bullpen Drills to Train P’s & C’s to Be Competitive* – *Lonni Alameda, Florida State University*
- 11:25 – 11:55pm **Roundtable Discussion #2**
- 12:00 – 1:30pm *Lunch*
- 1:30 - 2:25pm **How to Get Pitchers to Buy Into a New Coach and a New System** – *Jen Rocha, University of Oklahoma*
- 2:25 – 2:45pm *Break*
- 2:45 – 3:05pm **Micro-Topic #2** – *Understanding Energy Systems When Conditioning Pitchers* – *Dana Sorensen, Sorensen Elite Softball Pitching*
- 3:10 – 3:30pm **Micro-Topic #3** – *My 3 Favorite Drills for Building Endurance* – *Larissa Anderson, University of Missouri*
- 3:30 – 3:50pm *Break*
- 3:50 – 4:10pm **Micro-Topic #4** – *Hunting 70 MPH 2.0* – *Megan Brown, Boston College*
- 4:15 – 4:45pm **Roundtable Discussion #3**
- 4:45 – 5:00pm **Day 2 Wrap-Up** – *Cindy Bristow, UC Riverside/Softball Excellence*
- 5:00 – 7:00pm **Networking Social**

**Wednesday, August 7 (Day 3)**

- 8:30 – 10:00am **Effective Velocity: Revolutionizing Pitch Calling Through Science** – *Perry Husband, Pioneer in the Science of Effective Velocity*
- 10:00 – 10:20am **Bombing the Expert on Effective Velocity** – *Perry Husband, Pioneer in the Science of Effective Velocity*
- 10:20 – 10:35am *Break*
- 10:35 – 10:55am **Micro-Topic Session #5** – *EV Tunnel Drills* – *Perry Husband, Pioneer in the Science of Effective Velocity*
- 11:00 – 11:20am **Micro-Topic Session #6** – *Mental Mindsets, How to Teach Thinking the Game* - *Lonni Alameda, Florida State University*
- 11:25 – 11:50am **Panel #2 – All Speaker Panel Q & A**
- 11:50 – 12:00pm **Closing Remarks** – *Cindy Bristow, UC Riverside/Softball Excellence*