

# FGSA-FHS Coaches Clinic



## ***Dates:***

Tuesday March 9<sup>th</sup>      Coaches K-4<sup>th</sup> Grade (FGSA Instructional and Intermediate level divisions)  
Wednesday March 10<sup>th</sup>      Coaches 5<sup>th</sup> -9<sup>th</sup> Grade (FGSA Junior and Senior level divisions)

## ***Time:***

7:00 PM to 9:00 PM

## ***Location:***

Remington-Jefferson Cafetorium.

## ***Cost:***

\$0.00 for FGSA coaches and assistants.

## ***Who should attend:***

All FGSA head or assistant coaches or those thinking about coaching.

Coaches will learn the fundamentals of Fastpitch Softball but more importantly they will learn how to **teach** these fundamentals to their players and other coaches.

A wide variety of topics will be covered including proper throwing, catching and hitting mechanics, overall fielding and hitting and how to organize a productive practice for any age group.

The clinic will also include a demonstration of drills which can be used to teach at all levels.

**The lead instructor will be Coach Lindsay Garfield, the Franklin High School Varsity Softball Coach.**

Coach Garfield grew up in the New England area where she played many years of competitive Fastpitch Softball. Garfield played for 7 years at a travel ball level and played through high school where she starred at Luralton Hall in CT. As a scholarship athlete Garfield went on to play 4 years of Division 1 softball at Providence College. As a four year letter winner at PC, she was Captain of the Friars, a Big East Academic All Star and led the team to the Big East Tournament.

On the field Garfield's defensive prowess at 3B and LF was key to the team's success. As a senior she had a near errorless season of which she started every game of the 60 game season.

Beyond her playing years Coach Garfield hosts a yearly players softball camp in Milford, CT, has coached at a Division 3 college level, and has been involved as an instructor at several Division 1 college clinics and training camps.