



NSBF STYRET

Coach Clinic 2012

## Coach Clinic 2012

Team leaders,

We would like to invite you and members of your club to the 2012 Coach Clinic, held at Norges Idrettshøgskole in Oslo, January 14-15.

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Any questions concerning the clinic can be directed to Andy Johnson ([andyjohnson@twinsbaseball.com](mailto:andyjohnson@twinsbaseball.com)), and questions concerning accommodation and travel arrangements can be directed to the federation ([baseball@nif.idrett.no](mailto:baseball@nif.idrett.no)).

Best regards,

Bjørn Christian Thode

Secretary general



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Tentative Schedule,

Saturday 09:30 – 17:00 (Theoretical)

- Pitching mechanics
- Catching fundamentals
- Hitting fundamentals: Mental and physical
- Defensive Play: Split infield and outfield instruction
- Base running
- Hot stove or discussion period.

Lunch 12:30 – 13:15 approx.

Sunday 09:30 – 14:00 (Practical)

- Pitching drills: Executing in games and practice
- Defensive drills: Various, infield, outfield, catching
- Hitting: What to focus on in drills and how to structure hitting practice (soft toss, live pitching, machine)
- Base running: Basics and how to get it in during practice.



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This year's instructors,

***Brian McCarthy,***

Teacher at the International School Hannover Region in Germany.

Wide range of baseball experience that includes work as pitching coach for the Great Britain National Baseball Program in 2006 and 2008, and assistant coach for the Edina Legion Baseball Program.

An all-conference football and baseball performer for Blue Valley North, a member of the powerful East Kansas League. He spent his college playing days at Macalester College in St. Paul, where he helped lead the team to a top three finish in the rugged MIAC tournament in 2000.

Before coming to Germany this autumn, Brian most recently served as the assistant coach at St. Anthony Village, Minnesota for two years. Prior to that, he was the head coach at Como Park High School in St. Paul, Minnesota. During his five-year tenure leading the Cougars, the school enjoyed its winningest period in school history, winning two conference titles in addition to the 2007 Twin Cities Championship. He was the 2005 Conference Coach of the Year and, in 2008, was selected to coach in the Minnesota Lion's All-Star Series. Upon leaving Como Park, Coach McCarthy was the fifth-winningest head coach (by percentage) in the 100-plus years of the St. Paul City Conference.

He currently lives with his wife Julia in Hannover, Germany.

***Tom Gillespie***

The European Academies Consultant for Major League Baseball for the past six years.

Also served two years as a scout for the Oakland Athletics, co-founded Old World Baseball, and consults with the England Cricket team on fielding and throwing.

Spent four years as Director of Game Development in Great Britain, encompassing roles in coaching and administration for the national teams at every age level, coordination of the mens and youth leagues, and leading coach education initiatives.

Has an MS in Sport Administration from Ball State University.

A native of Lake Park, Iowa, Tom now lives with his wife Sonja in Hamburg, Germany.



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Attendees, arrangements and reimbursement,

All current coaches, and players with a future coach in them, are encouraged to participate in this clinic. Every club is offered accommodation and travel reimbursement for 1 - one- person, for trips longer than 1 hour each way by car. Any club may be allowed coverage for an additional participant upon approved application to the federation no later than 5 days prior to the start of the clinic. For participating coaches paying their own travel and accommodation, there are no restrictions on participation, other than written notification of attendance using the official subscription form.

The federation will organize accommodation for any approved participant that has subscribed to the clinic no later than 7 - seven - days prior to the start of the clinic. After that point, accommodation cannot be guaranteed, and any extra costs due to late subscription will be at the cost of the participant. Participants organizing their own accommodation cannot expect to have their costs covered. Participants cannot expect to be lodged in single rooms.

If not approved prior to booking, participants are expected to choose the cheapest form of transportation as possible, in order to be reimbursed. For persons flying in to Oslo, flight booking can be handled by the federation, if notified.

All expenses must be documented with original receipts and presented as described on the official reimbursement form (attached). Any expenses not meeting these criteria, will not be reimbursed.