

## Coaching Experience

- ✚ Assistant Varsity Softball and Hitting Coach for Spring Valley Cardinals (2012-present)
- ✚ M.A.: Human Development: Coaching and Development/Health and Wellness from St. Mary's University of Minnesota
- ✚ Published Abstract:  
*Level of Sports Arousal Needed to be an Effective Hitter*
- ✚ Published Position:  
*Habit Transformation: Creating, Motivating and Influencing Habit Change.*

## Playing Experience

- ✚ University of St. Thomas
- ✚ Big Lake Twisters
- ✚ Northern Nemesis
- ✚ Baldwin-Woodville High School

## Honors/ Awards

- ✚ 7 time MIAC Conference Champions
- ✚ MIAC All-Sportsmanship team
- ✚ Member of the Big Lake Twisters National Team (2006)
- ✚ National Guard Scholar-Athlete (2006)
- ✚ 4 time Middle Border All-Conference Selection

## Coaching Philosophy/Specialties

Softball hitting is one of the toughest skills in sports to master. When teaching hitting, I want to emphasize using maximal force with minimal effort and time. This means focusing on the physical and mental aspects of the swing-or matching a .400 swing with a .400 head.

In drills and instruction I feel it is important to incorporate game-like situations. In games players revert to what they know best...my goal is to help a player develop proper mechanics and habits to the point that those are the mechanics she reverts to.

My coaching specialties include offense: hitting, short game, and base running, as well as, infield/outfield defense and throwing.

## Instruction Packages

### **½ Hour Instruction**

*(price per athlete)*

|            |      |
|------------|------|
| 1 Athlete  | \$35 |
| 2 Athletes | \$25 |
| 3 Athletes | \$21 |
| 4 Athletes | \$18 |
| 5 Athletes | \$15 |

### **1 Hour Instruction**

*(price per athlete)*

|            |      |
|------------|------|
| 1 Athlete  | \$50 |
| 2 Athletes | \$35 |
| 3 Athletes | \$30 |
| 4 Athletes | \$25 |
| 5 Athletes | \$20 |

*Volume Discount-*

*5 pack of lessons receive 10% off*

*10 pack of lessons receive 20% off*