



Happy New Year and Welcome to 2016!!!

Registration opens in January for the Spring season, but who says we can't play softball during the wintertime? NVGSA has multiple clinics and camps lined up throughout the wintertime at our new winter warehouse facility:



NVGSA Winter Warehouse
8180 Newington Road
Lorton, VA

The league has offerings for every age group lined up, including a pre-spring season coaches seminar for those interested in leading teams on the field.

All camps and clinics include instruction from experienced, successful league coaches. NVGSA has a long list of accomplishments from 2015, so we are eager to have our coaches working to improve your daughter's softball experience. Whether you are looking for pitching, hitting, base running, or all-around skills development, we have a clinic designed for you. Check out our offerings here in the newsletter, and then head over to the NVGSA Website at www.NVGSA.org to sign up for the clinics and camps you're interested in. Simply click on the "Register Online" button on the main page of the NVGSA website to register. General questions can be directed to nvgsoftball@yahoo.com.



Winter Warehouse Advanced Skills Camps

NVGSA is pleased to offer an advanced skills camp for age groups 6-10 and 11-18. The camps are taught by our Firebirds coaches and will be held for three consecutive Saturdays, beginning January 9th. Specialists in hitting, fielding and throwing will be providing group instruction using our indoor batting cages and infield.

Dates: January 9, 16, 23

Time: Ages 6-10 - 9:00 AM to 12:00 PM

Ages 11-18 - 1:00 PM to 4:00 PM

Cost: \$90 per child (one-time fee for all sessions)

Contact Coach Dave Webb at

nvgsoftball01@gmail.com with specific questions about the Advanced Skills Camps.

Winter Warehouse Pitching Clinic with Don Maley

NVGSA is happy to offer pitching clinics this year at the Winter Warehouse with **Coach Don Maley**. The clinic is held from **5-6 PM** on **Monday** and **Wednesday** nights each week starting on January 4th, 2016 and running through March 23rd, 2016. Space is limited, so sign up soon!

Dates: January 4 – March 23, Monday & Wednesday

Time: 5:00 PM – 6:00 PM

Cost: \$25 per pitcher (one-time fee for all sessions)

If you have not already contacted Coach Maley to inquire about the clinic, you may do so by emailing him at Donald.maley@verizon.net.

Note: Pitchers must bring their own catchers to the clinic.

High School Warm-ups with Coach John Cooley

Back by popular demand, Coach Cooley is once again offering a warm-up camp for girls trying out for their high school teams in Spring 2016.

Advanced skills will be covered in throwing, catching and hitting. We'll focus on hitting drills to include directional bunting and hitting to the opposite field. You'll hit off the tee, side toss, front toss, heavy balls and batting cage. You will also be introduced to drag bunting and slapping from the left side. Fielding will focus primarily on fielding posture and feet placement for fielding, outfield blocking techniques, quick release once ball is caught, and footwork to expand range of coverage. Also expect a healthy dose of throwing drills, including the outfield crow hop, infield cross step, lobbing, push pass, dart throws, back hand toss and throwing to increase ball speed. We'll work on catching with two hand target / catch along with feet placement for catching at each base to include home plate.

Dates: Saturdays, January 30, February 6, 13
Time: 1:00 PM – 4:00 PM
Cost: \$90 per player (one-time fee for all sessions)

Note: This is NOT a beginner's clinic; serious players are encouraged to register. Girls registering for this clinic should already have solid fundamentals in hitting, throwing, and fielding, and they should be prepared for nine hours of hard work.

Any questions about this camp should be directed to John Cooley at john.t.cooley@verizon.net.

Winter Warehouse Open Cages and Pitching Practice

The NVGSA batting cages will be available for open hitting between 6-8 pm on Fridays, beginning on Friday January 8, 2016 and ending on Friday March 25, 2016.

Limited instruction will be available for improving hitting and pitching skills.

Each girl will be given a full bucket of balls for batting practice and we will establish a rotation with the other girls for the entire period of time. There are no limits to the number of times a girl can rotate through the cage during the timeframe. Bring batting equipment (helmet,

bat, batting gloves, etc.) if at all possible, as NVGSA has limited equipment available.

For pitching, you must bring your own catcher. Similar to the batting cages, we will establish a rotation with the other girls. We have 5 pitching lanes this year, so we are hoping to be able to work a lot of kids through some throwing time.

Dates: Fridays, January 8th – March 25th
Time: 6:00 PM – 8:00 PM
Cost: \$75 per player (one-time fee for all sessions)

Contact Coach Dave Webb at nvgsafirebirds01@gmail.com with specific questions about NVGSA Open Cages and Pitching Practice.

Winter Warehouse Spring House Warm-up Camps

NVGSA is pleased to offer a spring house camp for girls aged 5-10 and 11-14. The camp is taught by NVGSA Firebirds and House coaches. The camp will be held Saturdays in March in NVGSA's winter warehouse and will focus on building strong fundamentals in hitting, fielding, throwing, and base running.

Dates: March 5, 12, 19
Time: Ages 5-10 from 9:00 AM to 12:00 PM
Ages 11-14 from 1:00 PM to 4:00 PM
Cost: \$90 per child (one-time fee for all sessions)

Contact Coach Dave Webb at nvgsafirebirds01@gmail.com with specific questions about the House Warm-up Camps.



NVGSA Spring Season House Coach Seminar

NVGSA is excited to be holding a Coaches Seminar for all volunteers looking to serve as either head or assistant team coaches for House or Dimensions teams in Spring 2016. The Coaches Seminar applies to NVGSA coaches of all age divisions - 6U through 18U, as well as Dimensions. This seminar will be led by experienced NVGSA Firebirds Coaches, House and Dimensions coaches, and current and former Board members.

Dates: Saturdays, March 19 & 26

(Content is similar for both dates)

Time: 6U, 8U, 10U, Dimensions: 8:30 AM - 12 PM
12U, 18U, Dimensions: 1 PM - 4:30 PM

Cost: **FREE!**

Items to be covered during this seminar include:

- Proper practice scheduling & planning
- Effective and popular drills for developing strong fundamentals (discussion and demonstration)
- Age-specific rules for NVGSA House, Dimensions, and Interleague play
- County Field Monitor Requirements & NVGSA Field Responsibilities
- Concussion and First Aid Training/Discussion
- Effective usage of NVGSA Team Websites
- Proper equipment usage (field and team equipment)
- Coaches' shirt distributions

Advanced registration for the seminar is required. The seminar is being offered for former, current, and prospective coaches, so sign up today!

Please contact NVGSA VP House, Craig Brown (ctbrown1918@gmail.com), with any questions.

Winter Pitching Clinic with Coach John Cooley

Coach John Cooley still has a few spaces open for his annual pitching clinic at **Rolling Valley Elementary School** from **5-6pm** on **Tuesday** and **Thursday** nights each week through late February 2016. There are only a few spaces remaining, so register now!

Dates: Tuesday and Thursday through late February

Time: 5:00 – 6:00 PM

Cost: \$19 per pitcher (one-time fee for all sessions)

If you have not already contacted Coach Cooley to inquire about the clinic, you may do so by emailing him at John.T.Cooley@verizon.net.

Pitchers must bring their own catchers to the clinic.

Note: In accordance with FCPS policy, no food or drink other than water is allowed in the gym.

NVGSA Parent-Coaches Meeting – March 2016

The NVGSA Board of Directors will hold its annual spring parents-coaches meeting in March. All NVGSA parents and players are encouraged to attend. The location and specific dates are to be determined, but watch your email in the coming weeks for more details. There are open Board and Officer positions for those interesting in volunteering to help ensure that NVGSA remains a leading girls fastpitch softball organization throughout 2016. We look forward to seeing you and hearing from you at the meeting.

NVGSA Spring Registration Opens in January 2016!

Check the [website](#) for regular season registration options.

UVA Star and Russian National Pitcher Coming to NVGSA !!!

NVGSA is excited to announce that Erin Horn, a four-year standout pitcher at the University of Virginia from 2003 to 2006 and 2006 Russian National Champion Pitcher, will be a guest speaker at the January 9th Advanced Skills Clinic from 1:00 PM – 2:00 PM. **CLINIC PARTICIPATION IS NOT REQUIRED** to join in this interactive discussion about playing at softball's top levels. So, please plan on coming out to the NVGSA Winter Warehouse to participate in this outstanding opportunity to meet, talk to, and learn from one of the area's elite fastpitch softball players.



[Read more about Erin Horn's career at her UVA biography page](#)