

Softballlife Hitting Clinic with Dan Nessler

In cooperation with the Valley High School softball program and West Des Moines Girls Softball Association, we are fortunate to be able to bring you a hitting clinic with someone of such high caliber!! We are excited to partner with Dan Nessler of Softballlife to bring you a top notch hitting clinic on Saturday February 11th, 2017 at Valley High School. The clinic will be from 11:00-1:30.

Dan Nessler is the man behind Softballlife, a Hall of Fame fastpitch player and coach with over 30 years of fastpitch playing and coaching experience at the highest level. Coach Nessler was inducted into the International Softball Congress (ISC) Hall of Fame in 2009, he's a 4-time ISC All-World performer, a 3-time ISC Team Champion, ASA/USA Softball Major Champion, 3-time ASA/USA Softball Major runner-up all with Penn Corp from Sioux City, IA. He was also an ASA/USA Softball Class A National Champion with Happy Chef from Mankato, MN. Coach Nessler was a 4-time participant in the US Olympic Festival Fastpitch Softball Series, 2-time ASA/USA 18U Boys National Champion Coach and is currently the ASA/USA Softball Assistant Coach for the 19U Junior Olympic Men's National Fastpitch team. Coach Nessler created Softballlife in November of 2013, in which he dedicates his time to producing and posting instructional videos, tools and motivational quotes online and in social media all pertaining to fastpitch softball. Softballlife already has well over 20,000 followers on Facebook.

Coach Nessler has been a fixture in our Minnesota fastpitch community since his playing days, doing clinics and private lessons. He is an advocate of the game and has dedicated much of his free time to giving back to players in the community. Coach Nessler has worked with countless high level athletes in his coaching tenure in our fastpitch community. He is a decorated player and coach and we very much look forward to bringing his hitting expertise to Strike Zone Sports.

Coach Nessler takes an individualized approach to hitting mechanics. As a hitter himself, he understands that the swing is unique to each player, so he first analyzes what each player does before making adjustments. He does not believe in a "cookie cutter" approach to the swing. Instead, Coach Nessler works with each player to understand their natural swing and make it as fundamentally sound as possible. He really excels at and enjoys helping hitters to understand the mental approach in the box and the importance of situational hitting so that each player can succeed at being the most productive they can be!

The format of this clinic will be extremely beneficial to participants. All participants will receive Coach Nessler's Hitting DVD (\$49.95 retail value) as a take home from the clinic and we will use it as a tool throughout the clinic itself. That way, when you get home to watch it, you'll know from hands on experience in the clinic with Coach Nessler how to execute all the skills. The mental approach to hitting will also be addressed, this is something very under instructed in camps and clinics elsewhere!!

The clinic will be for players aged 12U to 18U. Clinic cost for each player is \$75. Please fill out the registration form below with a check made out to Valley Softball. Mail it to Tom Bakey, Softball Coach 3650 Woodland Avenue West Des Moines, Iowa 50265. Space is extremely limited so register right away! To ensure your place please fill out the registration form and mail in

Please contact Tom Bakey at Valley High School with any questions!

bakeyt@wdmcs.org

515-633-4260

Name_____

Address_____

Phone_____

School & Grade_____

Parents' Release and Indemnity Agreement to the Valley Tiger Softball Camp.

In consideration of the acceptance of this application for enrollment in the Valley Tiger Softball Camp, I/we intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I/we may have against West Des Moines Community Schools, all employees, all sponsors and instructors of the Valley Tiger Softball Camp from any and all damages which may be sustained and suffered by my/our child or me in connection with my/our associating with, participating in, or returning from the camp. I/we hereby grant permission for my/our child to be a participant in the Valley Tiger Softball Camp and if any injury should occur during or traveling to or returning from the camp, I/we agree to pay all costs, present and future, through my/our medical insurance policy and/or personal finances.

Parent/Guardian_____

Date_____