

# Registration

## Clinic Fees

	Pre-registered	At the door
Single Coach rates	\$50.00	\$60.00
Total for 2 coaches	\$90.00	\$110.00
Total for 3 coaches	\$120.00	\$150.00
Staff rate (4-7 coaches from same staff)	\$150.00	\$190.00
Players (age 13-22)	\$30.00	\$30.00

**Bring multiple coaches and save!!**

All pre-registrations must be included with this form  
No Refunds after January 6  
Please make checks payable to Greenville Baseball

**Send payment to:**

Joe Alstat  
1 Vandalia Road  
Greenville, IL 62246

**Other contact info:**

618.664.5580  
jalstat@bccu2.k12.il.us

Name: \_\_\_\_\_

School: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

2nd coach: \_\_\_\_\_

3rd coach: \_\_\_\_\_

4th coach: \_\_\_\_\_

attach additional names on another sheet of paper

NONPROFIT ORG  
US POSTAGE PAID  
GREENVILLE, IL  
PERMIT NO. 23

Greenville Unit #2 Schools  
1 Vandalia Road  
Greenville, IL 62246  
618.664.1370

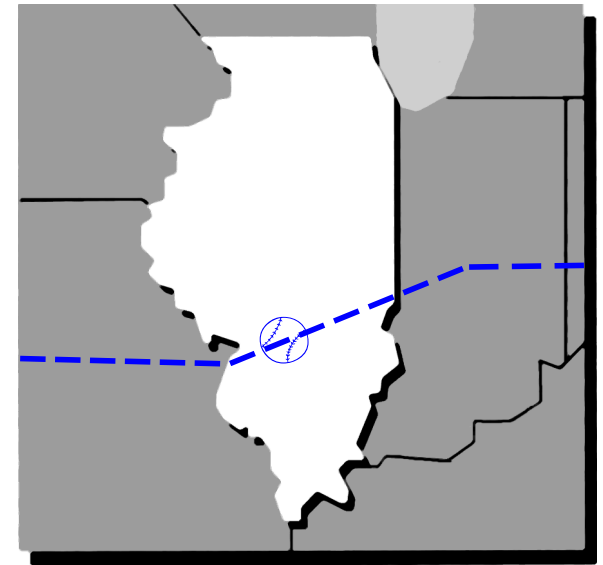
**I-70  
BASEBALL  
COACHES  
CLINIC**

**Attention: Baseball Coaches**  
**<http://www.i70clinic.com>**

7th Annual

# I-70

## BASEBALL COACHES CLINIC



**Monday, January 18, 2010**  
**Greenville, Illinois**

**<http://www.i70clinic.com>**

sponsored by  
**Shelly Childerson & Associates, LLC**  
**(618) 664-3781**  
**[schilderson@nevco.com](mailto:schilderson@nevco.com)**

## Directions to I-70 Clinic

### From Chicago (north) – 4.5 hours travel time

Take I-55 south to Raymond / Route 127 exit (exit 63)  
Take Route 127 south to Route 140  
Take Route 140 east approx. 5 miles  
School complex is on right

### From St. Louis (west) – 45 minutes

Take I-70 east to the 2nd Greenville exit (exit 45)  
Take Route 127 north to Idler Lane  
see local directions below

### From Indianapolis (east) – 3 hours

Take I-70 west to Greenville exit (exit 45)  
Take Route 127 north to Idler Lane  
see local directions below

### From Marion / Carbondale (south) – 1.5 hours

Take Route 127 north to Greenville  
see local directions below

### From Louisville (southeast) – 4 hours

### From Evansville – 2.5 hours

Take I-64 west to Route 127 (exit 50)  
Take Route 127 north to Greenville  
see local directions below

### Local Directions (west, east, south, southeast)

Turn right (north) off of Route 127 onto Idler Lane  
Take Idler Lane to the fifth left-hand turn  
Turn left (west)  
School complex is directly ahead

## Lodging Information



Super 8 Motel  
I-70 & Route 127  
Greenville, IL 62246

618.664.0800

Please mention clinic rates -

rooms starting at \$44.00

Restaurant & bar across the street

## Clinic Schedule

January 18, 2010

8:00 - 8:55	Registration / Donuts
8:55 - 9:00	Announcements
9:00 - 9:45	<b>Hitting From the Waist Down</b> Ron Polk
9:50 - 10:35	<b>Pitching Mechanics</b> Derek Johnson
10:35 - 10:50	Break / Visit Exhibits
10:50 - 11:35	<b>Implementing a Pitching Arsenal</b> Derek Johnson
11:35 - 12:20	Lunch (pizza provided) / 50-50 / Visit Exhibits
12:20 - 1:05	<b>Mississippi St. Batting Practice Plan</b> Ron Polk
1:10 - 1:55	<b>The Coaching Profession</b> Gordie Gillespie
1:55 - 2:10	Break / Visit Exhibits
2:10 - 3:05	<b>The Mental Workout: Mental Preparation for Peak Performance</b> Jason Selk
3:10 - 3:55	<b>Playing and Defending the Short Game</b> Joel Hawkins
3:55 -	<b>Door Prizes</b>



Greenville Tourism Commission  
Toll Free - 888-862-8201  
www.GreenvilleIllinois.com

## Speaker Profiles



**Gordie Gillespie**  
Head Coach  
University of St. Francis

sponsored by



www.dingerbats.com

- ⌚ 1,816-922 (.663) record over 57 seasons of college baseball
- ⌚ 2,325-1,140 (.671) career coaching record across four sports
- ⌚ Named Coach of the Century by Collegiate Baseball
- ⌚ <http://www.gofightingsaints.com>



**Ron Polk**  
Former Head Coach  
Mississippi St. University  
Assistant Coach - UAB

sponsored by



www.masa.com

- ⌚ 1,373-700-2 (.662) record over 35 year head coaching career
- ⌚ Three-time National Coach of the Year
- ⌚ Eight College World Series appearances
- ⌚ <http://uabsports.cstv.com>



**Derek Johnson**  
Associate Head Coach  
Pitching Coach  
Vanderbilt University

sponsored by



www.millernets.com

- ⌚ 2004 National Pitching Coach of the Year
- ⌚ 4 of last 6 staffs led SEC in ERA
- ⌚ 18 pitchers drafted over last 8 seasons including 3 in 1st round
- ⌚ <http://vucommodores.cstv.com>



**Jason Selk**  
Director of Mental Training  
St. Louis Cardinals

sponsored by



(618) 327-8866

- ⌚ Author of "10-Minute Toughness"
- ⌚ Regular contributor to ABC, CBS, ESPN and NBC radio & TV
- ⌚ Worked with NCAA, St. Louis Rams, U of I, Mizzou & SLU
- ⌚ <http://www.mysportsworld.com>



**Joel Hawkins**  
Head Coach  
Highland (IL) High School

sponsored by



www.lfpnfp.com

- ⌚ 401-203 (.664) record in 19 seasons as head coach
- ⌚ Led Highland to the 2008 IHSA 3A State Championship
- ⌚ 8 MVC, 7 Regional & 2 Sectional championships
- ⌚ <http://www.highland.madison.k12.il.us/hhs>