



Barratt Reserve, West Beach Rd, West Beach  
PO Box 275, West Beach, SA 5024  
08 8353 6766  
admin@softballsa.com.au  
www.sa.softball.org.au

11 March 2020

## DRAGONS PROGRAM 2020

Dear Coaches,

As the new Pathway Development Officer for Softball SA, I am responsible for overseeing and developing pathways for players and coaches within SA, which is included under the Dragons Program banner.

You are receiving this letter because you have been identified as an ideal participant of the Dragons Program as a satellite coach.

### History

Softball SA has seen great benefits for players and coaches since starting the Dragons Academy Program. Previous players from the Dragons Program have been selected in Australian teams or squads on 94 occasions! These range all the way from Under 14 to Open level age groups. 12 of these players were also selected to compete at the WBSC World Championships.

Softball SA strives to create an environment of inclusiveness where all are welcome. Therefore, creating a culture and safe environment for all athletes and coaches to engage in learning experiences promoting and encouraging extensive analysis and critical reflection on their current playing and coaching practices.

To develop and build a culture and environment where everybody (players, coaches, managers, scorers, umpires, etc.) has a vested interest in development, building self-confidence and internal belief all along with the right skills to succeed is the Dragon's priority.

The 2020 Dragons Program will consist of key areas of focus:

Players - Specialised skills training sessions and games.

Coaches - Development and education; enabling pathways to gain new coaching level accreditations.

Umpires – Skill, game and rule development with national and international pathways.

### Key Focus

The key focus identified to improve the current Dragons Program is the improvement of coaching education. The Dragons Program requires enthusiastic coaches, managers and support from those who wish to help the states up and coming talented athletes further their skills and understanding. It is also an opportunity to gain experience and greater knowledge to be a better coach and or manager from peers. The Dragons Program excels by using best practice and backing opinion with science/evidence based practice and results.

Players cannot improve if the coaching community is not prepared to do the same. Collectively, all coaches are able to improve through knowledge sharing, previous experiences, and learnings, adding to the collective body of knowledge. Working together, coaches can help to improve players potential to be the very best that they can be.

There will be a coaching the coaches' day on Sunday the 5<sup>th</sup> of April from 9.00 am – 12.00 pm.

Softball SA is requesting 'Expressions of Intent' and session availabilities via the online form:

<https://zfrmz.com/yQQPKwFRCu4aQUPwen84>

Programs for Players, Coaches and Other Officials include:

**Battery:** State Battery Program including pitching and catching

**Speed and Agility:** State sprint program

**Strength & Conditioning:** Sport specific

**Offensive Skills:** From short play to power hitting

**Defensive Skills:** Fielding, game strategy

#### **International competition opportunities**

These programs will take place throughout mid-week sessions and fortnightly weekend sessions culminating in the annual camp to be hosted across the June Long Weekend (5<sup>th</sup> – 8<sup>th</sup> June). More details will be provided in the lead up to the camp. Mid-week and weekend sessions will be conducted at West Beach, Diamond 1 and Indoor Training Facility, and are as follows:

<b>April –</b>	Sunday 5 <sup>th</sup>	Coaching the Coaches
	Thursday 16 <sup>th</sup>	6:30pm – 8:30pm
	Saturday 18 <sup>th</sup>	9:00am – 12:00pm
	Monday 20 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 23 <sup>rd</sup>	6:30pm – 8:30pm
	Monday 27 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 30 <sup>th</sup>	6:30pm – 8:30pm
<b>May –</b>	Saturday 2 <sup>nd</sup>	9:00am – 12:00pm
	Monday 4 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 7 <sup>th</sup>	6:30pm – 8:30pm
	Monday 11 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 14 <sup>th</sup>	6:30pm – 8:30pm
	Sunday 17 <sup>th</sup>	9:00am – 12:00pm
	Monday 18 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 21 <sup>st</sup>	6:30pm – 8:30pm
	Monday 25 <sup>th</sup>	6:30pm – 8:30pm
	Thursday 28 <sup>th</sup>	6:30pm – 8:30pm
	Sunday 31 <sup>st</sup>	9:00am – 12:00pm

#### **Flexibility**

As a satellite coach you can program sessions to suit the availability of yourself and the athletes in your area. For example; it may be more beneficial to do weekly weekend sessions in your location as opposed to conducting mid-week sessions. Reimbursement of cost for travel will be explored to support your involvement.

Please provide your response to the above form by COB 20<sup>th</sup> March 2020.

If you have any questions, please do not hesitate to contact me at [pdo@softballsa.com.au](mailto:pdo@softballsa.com.au)

Ben Lucas

Pathways Development Officer

Softball SA

