

THE NATIONAL SCHOOL OF BASEBALL AND SOFTBALL NEWSLETTER



APRIL 2018

April Theme of the Month

DO NOT STOP TRAINING

Just because the season has started does not mean you stop training and stop working. This is a huge mistake that many young players and coaches make.

If you stop training during the season you are drastically increasing the chances of your performance declining as the season goes on.

The goal is to get BETTER as the season goes on. The only way to do that is to keep training, keep doing your drills, keep getting in more repetitions, and keep working!

A Message from Coach Pete

As I have said so many times, "Our Trophies" are our students' successes on the field. To hear and see their transformations into the best players they can be is sometimes even hard for me to believe. With high school seasons about a month old and younger players starting in the past few weeks, the "game reports" and "feedback" we have received about our students' performances has been exciting, heart-warming and humbling. My phone literally blows up all week long for HS students and all weekend long from young players' parents with videos and texts telling me how well they are all playing. I often marvel at videos and read notes several times to truly grasp the improvements.

The heart and soul of our business has been and always will be TEACHING; turning our players into the best players they can be and the best prepared players on the field. EDUCATE, DEMONSTRATE, MOTIVE, CREATE! What we teach and how we teach it WORKS.



Other teams coach said I was the fastest and best pitcher they have vs so far

And I'm playing with the sophomores tomorrow

NSoBS News and Updates!

Illinois Venom Softball



Our 16U softball team will be starting its travel season the second weekend in June. We are very excited about our first ever travel team. It is going to be a lot of fun! If you are still looking for a team, we are looking to add another player. Don't worry about where you live, because this is travel. If interested please contact Head Coach Alyssa Avino 630-800-7626.

ADDITIONALLY: Stay tuned for information about FUTURE Venom teams! You just never know!

Summer Camps

Stay tuned for a huge announcement about our first ever Baseball and Softball Summer Camps!



Record Month



During the month of March we gave lessons to **496** students!

This shattered our record set the previous month of 435 students!

We are so proud of our growth and so honored by the belief and faith our students & parents have in us.

The NSoBS proudly welcomes

COACH KATIE LANKFORD:

Softball Pitching Instructor & Head Softball Instructor

Coach Katie's Background:

- All conference in HS @ Trinity and college @ Robert Morris
- Played in the European Cup in Lyon, France
- Played for the Elite Force in the 2003 Canadian Cup
- Has 18 years coaching experience



Call or text 630-699-7031 to book lessons with Coach Katie!

We have AMAZING Students!!



Student of the Month: Liam Heggemann

Liam has been with the NSoBS for 3 seasons. His transformation has been nothing short of astounding. He has masterful control and a great arsenal with pitches that all move. However, his challenge has been his velocity. He was told by his coach at Montini Catholic HS, that in order for him to pitch more often he needed to hit 80mph. For the past two seasons that has been his goal. A few months ago, we made a major tweak. Liam took to it instantly and felt the difference. So, he worked and worked and worked and worked. Finally, this past week Liam hit 80mph during one of his last appearances! I cannot begin to tell you how proud I am of this young man! Proves without a shadow of a doubt that hard work pays off. Liam will be attending St. Mary's next year.

Congratulations Liam!

Inspirational Student: Haiyan

I consider myself truly blessed to be able to teach the game I love so much as my job. Yesterday was something special. Blessings come in many forms throughout our lives. Most times we don't even notice. Yesterday mine came not because I was teaching baseball but because I started with a new student who instantly became an inspiration to me and I am sure will continue to be an inspiration to others. This new student is a 12 year old originally from California, who is not only a baseball player, but a pitcher - and a damned good one at that! She is the fourth girl who I have had the pleasure of instructing. I have always been honored, flattered and inspired by any girl who plays baseball. However, this addition to our school is extraordinary. I am so privileged to be a part of her life, I cannot even put it into words. She is not only inspirational, she is AMAZING! Look at the photo closely. What do you see that makes this incredible young lady so exceptional? I am truly blessed. Thank you Haiyan. I hope and pray I can live up to your expectations and help turn you into the pitcher and player you always dreamed of being.



Plainfield Athletic Club Softball Clinic

On Sunday April 22nd we conducted an all-day softball clinic for over 80 PAC softball players.

This event was an epic success. We were honored and privileged to be asked to work with these wonderful young ladies. I am so proud to say that the feedback was awesome.

To quote one of the young players, "This was so much fun! We need to do this more often!"

