

Address and Directions

Hidden Valley Sport Complex
6500 NW Valley View Rd.
Blue Springs, MO 64015
Fields 9



Hotel Information

Courtyard by Marriott	816-288-8100
-8 minutes from complex	
Hampton Inn Kansas City / Blue Springs	816-220-3844
-7 minutes from complex	
Staybridge Suites- Independence	816-994-2700
-7 minutes from complex	
Holiday Inn Express Hotel & Suites	816-795-8889
-6 minutes from complex	
Quality Inn	816-220-7400
-1 minute from complex	
Comfort Suites	816-373-9880
-6 minutes from complex	

NFCA Recruiting Camp Objectives

The NFCA Recruiting Camps provide benefits for the prospective student-athletes, the athletes' parents, institutions that field fastpitch softball teams, the NFCA college coaches, the association and the game of fastpitch softball. It is the mission of the NFCA's camps to (1) create a positive experience for prospective student-athletes, (2) present an opportunity for the student-athletes to be observed by college coaches, & (3) assist the student-athletes in seeking a higher education degree while competing in softball. College coaches are provided the unique opportunity to effectively and efficiently use their recruiting dollars to observe recruitable high school age athletes. The specific camp goals are:

1. To provide an opportunity for prospective college-bound student-athletes who have at least completed the 8th grade to be evaluated by college coaches. No junior college athletes will be accepted.
2. To provide a learning situation for the student-athletes in college-bound skills, academic importance and requirements, recruiting strategies, procedures and goal setting.
3. To provide a service to college coaches of evaluating and observing prospective student-athletes.
4. To create a professional recruiting atmosphere for the college coaches and prospective student-athletes.
5. To promote the sport of fastpitch softball and its participants through the marketing of the camps nationally.
6. To provide an efficient and cost-effective recruiting atmosphere for college coaches.

Skills Measured on Camp Day

1. Catcher's Pop Times

Catchers get three opportunities to receive a pitch and throw to second base. The second baseman must catch the ball for a time to be recorded.

2. Pitcher's Speeds and Spin Measurement

Pitchers rotate through 10 stations and throw approximately four pitches at each station. The pitches requested are as follows: curve, drop, rise, screw, fastball/change-up, best pitch and a speed/spin measurement.

3. Agility

The athlete starts on the clock and runs five yards in one direction, changes direction and runs 10 yards, and changes direction and runs five more yards. Time is recorded using a stopwatch and/or timing eye.

4. Speed

The athlete starts behind a line, sprints 20 yards and the time is recorded using a stopwatch and/or timing eye.

5. Throwing Velocity (Overhand)

The athlete throws overhand into a net and this throw is measured in mph using a radar gun. Approximately four attempts.

6. Muscular Strength

The athlete squeezes a grip strength dynamometer for 2-3 seconds to get this measurement of muscular strength, three attempts.

7. Ball Exit Speed

The athlete hits a ball off tee into a net. Ball exit speed is measured with radar gun. Approximately 5 attempts.

8. Vertical Jump (Jump mat)

The athlete stands on the mat, loads down and swings both arms up and jumps as high as possible. Jump mat operator records all three attempts.

Camp Staff

The NFCA goal is to provide the best staff possible to benefit your needs and make the camp experience positive, fun and memorable.

Our coaching staff will consist of top high school, summer, NAIA, and junior college coaches, as well as collegiate players, all who will strive to carry out the ideals and objectives of the association. Because of NCAA rules, NCAA college coaches cannot be included in our staff.

In addition, each camp will have a certified trainer available at all times. He/she will tend to injuries and other medical emergencies.

The camps will be administered overall by National Fastpitch Coaches Association staff. Please direct any general questions to Michelle Vasquez by email at <michelle@nfca.org> or by phone at 502/409-4600. You may also check the FAQ page at <nfca.org/index.php/recruiting-camps/FAQ> for additional camp information. For specific Heartland Showcase Camp questions regarding payment, insurance, waiver, personal profile, etc. contact your camp administrator, **Dave Hines**, at <dave@nfca.org> or 502/409-4600.



On Site Registration

Athletes should plan to arrive **no later than** one hour prior to the scheduled session. At Confirmed Check-In, athletes will receive an information packet, t-shirt to be worn during camp, two participation numbers and eight safety pins. Those participating in two sessions will also receive a wrist band. Second session participants will wear the same number in both sessions.

	Confirmed Check-In	Walk-Up Consideration	Walk-Ups Announced	Session Times
Session I	6:30-7:20	7:20-7:40	*7:40-7:50	8:00-10:55
Session II	8:00-10:20	10:20-10:40	*10:40-10:50	11:00-1:55
Session III	11:00-1:20	1:20-1:40	*1:40-1:50	2:00-4:50

*Camp Walk-Ups must sign in during the Walk-Up Consideration time period and be present during the Walk-Up Announcements to gain entrance to camp. Those who have made the pre-determined waiting list are also required to sign in on camp day for camp consideration. ***Accepted athletes must be registered prior to these times or face potential camp cancellation.**

Session I is for Outfielders/ Catchers; Session II is for Pitchers; Session III is for Infielders.

Warm-Up

Each athlete should allow adequate time for warm-up prior to participation. A general warm-up led by the Camp Trainer is available starting 30 minutes prior to session start time.

Format — Session I

Outfielders/Catchers

8:00-8:10	Introduce staff and explain field rotations
8:10-8:15	Field manager gives field instructions
8:15-8:55	First rotation
8:55-9:00	Water break; rotate fields
9:00-9:05	Field manager gives field instructions
9:05-9:45	Second rotation
9:45-9:50	Water break; rotate fields
9:50-9:55	Field manager gives field instructions
9:55-10:35	Third rotation
10:15-11:00	Parent and high school/ travel ball coach information session
10:40-10:55	Student-athlete information session

Format — Session II

Pitchers

11:00-11:10	Introduce staff and explain field rotations
11:10-11:15	Field manager gives field instructions
11:15-11:55	First rotation
11:55-12:00	Water break; rotate fields
12:00-12:05	Field manager gives field instructions
12:05-12:45	Second rotation
12:45-12:50	Water break; rotate fields
12:50-12:55	Field manager gives field instructions
12:55-1:35	Third rotation
1:15-2:00	Parent and high school/ travel ball coach information session
1:40-1:55	Student-athlete information session

****Remember, Pitchers are to provide their own catcher, and this catcher must submit the camp catcher waiver form.****

Format — Session III

Infielders

1:55-2:05	Introduce staff and explain field rotations
2:05-2:10	Field manager gives field instructions
2:10-2:50	First rotation
2:50-2:55	Water break; rotate fields
2:55-3:00	Field manager gives field instructions
3:00-3:40	Second rotation
3:40-3:45	Water break; rotate fields
3:45-3:50	Field manager gives field instructions
3:50-4:30	Third rotation
4:00-4:50	Parent and high school/ travel ball coach information session
4:35-4:50	Student-athlete information session

Welcome

The National Fastpitch Coaches Association (NFCA) warmly welcomes you to the 2014 Recruiting Camps. We are proud to offer this valuable service to recruitable student-athletes.

The NFCA is a non-profit professional growth organization for fastpitch softball coaches at all competitive levels of play. Its purposes include education, promotion of the growth of softball and betterment of the sport. Our current total membership is approximately 4,000 including coaches from high school, travel ball, and college.

For those who are not coaches, we have an NFCA affiliate membership category for \$60 a year. This is an excellent opportunity for players, parents, family members, umpires, equipment/clothing suppliers, and friends to stay updated on the latest fast-pitch news, camps/clinics and other NFCA services.

As you prepare for the day, let us remind you to have fun! Allow yourself to enjoy another great experience in the sport of softball.

Welcome to camp!



What To Bring/Helpful Hints

1. You should wear the camp T-shirt and the travel ball shorts or pants on camp day. Please pack for all weather situations including cool weather.
2. Be sure to bring your glove, cleats (metal cleats are allowed), batting gloves, helmet, and bat. **Catchers must bring their own catching equipment!** Be sure to label your own equipment with your name. **You will be responsible for your own equipment at all times.**
3. A full refund, less a \$15 administrative fee, will be granted if requested in writing (email, fax or letter) prior to two weeks (14 days) before the camp. From day 13 to eight days prior to the camp, a one-half refund will be granted if requested in writing. Seven days before the camp, no further refunds will be considered for any reason, including accident, injury, verbal commitments, team changes, tournament cancellations and/or other circumstances which might adversely affect camp participation. However, the canceling athlete will still receive exposure from the profile that would be included in the college recruiting book produced by this camp. There will be a \$30 processing fee for all insufficient fund checks. In addition, checks returned prior to camp day must be redeemed with cash or money order plus the \$30 processing fee.
4. You may want to bring a few extra dollars to purchase refreshments or camp souvenirs. **Please bring your own water container & replenish it from the water provided on each field.**
5. Due to the limited camp time and space, **pitchers will be required to provide their own catchers.** This can be a parent, sibling, friend, teammate or summer coach. Catchers should wear proper protective equipment. Please keep in mind that the catchers, as well as other participants, can have no contact with the recruiting college coaches. These catchers of camp pitchers must also submit the requested camp catcher waiver.
6. Again, because of the limited camp time, it will be important to make the most of every situation. Be aware, each athlete will have a limited number of swings, ground/fly balls, etc. Therefore, every drill/skill you perform should be taken seriously and done to the best of your ability.
7. Camp Results will be posted by participant number at <www.nfca.org> within one week of this camp. **Please remember your assigned camp number.**

Camp Rules

The following are the NFCA Recruiting Camp rules and will be enforced at all times throughout the camp. Failure to follow any of the rules may result in immediate dismissal from the camp.

1. The student-athlete must attend all parts of the session unless excused by the trainer or camp staff.
2. The facilities must be treated with respect.
3. Medical treatment will be handled by the camp trainer.
4. No smoking, drugs, tobacco or alcohol are allowed at any time.
5. All schedule times are to be observed.
6. There is to be no communication (talking, passing notes, etc.) with the observing college coaches by players, parents or summer coaches.
7. Only camp staff and players are permitted on the fields. Parents and recruiting coaches are to stay outside the field area.
8. The camp staff is not allowed to wear shorts, shirts, hats or jackets with a specific college or university logo. They are not permitted to discuss specific colleges or college coaches with the student-athletes.
9. Athletes will be given a T-shirt at check-in that should be worn during camp participation. College coaches in attendance will relate the shirt color to the participant's graduation year. NFCA recommends that the short or pant worn should be that of the travel ball team.
10. After participating in this camp, please go online to <https://www.surveymonkey.com/s/Y3PGFHN> and submit your evaluation of your camp experience.

Skills Observed on Camp Day

The NFCA camp athlete will showcase non-measurable skills for evaluation by college coaches. These skills are fielding, throwing and hitting.

Each fielder will take balls from the primary position and throw to the designated base or cut. Each hitter will get 10-14 swings off a pitching machine set at 57-58 MPH.

College coaches can easily find measurable results on the NFCA website and don't need to observe at that field. However, they will choose to watch hitting or fielding/throwing. For example, some may choose to stay at the hitting field and watch all hitters. Other coaches will choose to stay at the defensive field and watch for the talented defensive player. So, don't expect coaches to follow your rotation from field to field.

Coaches are looking for potential and are targeting athletes that they may want to follow in the upcoming tournament. Lots of repetitions are not necessary for the coach to make this initial decision.

Parent & Youth Coach Recruiting Seminar

Parents and youth coaches are invited to attend the 45-minute seminar offered at three different times during the camp day. Attendees will be briefed on general recruiting rules, how athletes can gain more college exposure, what athletes can and should be doing as a perspective student athlete during the high school years and other tips to enhance the recruiting process.

The seminar is offered at 10:15, 1:15, and 4:00 and the information presented is the same for all three sessions. Simply select the one that is most convenient for your camp schedule. (The student-athletes have their own recruiting question & answer period at the conclusion of their session).

The college search for the athlete can be a very complicated process and the rules seem to change often. This seminar offers some guidelines to follow and we hope you will make plans to attend!

NFCA CORPORATE TEAMMATES

Schutt Sports
"Official Training and Field Equipment"

Mizuno
"Official Glove"

Diamond Sports
"Official Protective Equipment"

Louisville Slugger
"Official Bat"

NFCA CORPORATE FRIENDS

Right View Pro
"Official Training Software"

RIP-IT
**"Official Defensive Fielders' Mask
and Batter's Mask"**

Wilson
"Official Ball"

JKP Sports (JUGS)
"Official Pitching Machine of the NFCA"

Student-Athlete Information Booklet



**NATIONAL FASTPITCH
COACHES ASSOCIATION**

**Heartland Showcase
Recruiting Camp
Blue Springs, MO
Hidden Valley Sport Complex**

June 6, 2014

A Service of the National Fastpitch Coaches Association