

VIRGINIA BASEBALL COACHES ASSOCIATION 2020 CONVENTION

JANUARY 9-11 • KINGSMILL RESORT, WILLIAMSBURG VA

THURS 1/9

4:30PM - 6:30PM	Registration (Kingsmill)
7:00PM	William & Mary Clinic (William & Mary)
9:00PM	Reception (Kingsmill)

FRI 1/10

7:30AM	Registration/Check In
8:30AM	Perry Husband (Effective Velocity) Effective Velocity Maximizing Deception
9:20AM	Perry Husband/Jimmy Jackson (Effective Velocity/JMU) Implementing Effective Velocity
10:20AM	Kyle Adams (Adams Performance) How to Integrate Strength, Mobility, Recovery
11:00AM	Kevin Eastman Coaching in Today's Competitive Environment
12:00PM	Lunch
12:50PM	John Szefc (Virginia Tech) Infield Defense
1:40PM	JK Whited (Baseball Rebellion) Closing the Gap
2:20PM	Mike Roberts (Chicago Cubs) Turn the Diamond into a Track Meet
3:20PM	Andrew Bartman (USA Baseball) Cover Home - Give more of Yourself

*Subject to change

FRI 1/10 CONTINUED

4:10 - 4:40	Breakout Sessions Mike Roberts - Base Running/Stealing Perry Husband/Jimmy Jackson - Effective Velocity Frank Leoni - Merit Based Culture Kyle Adams - Strength, Mobility, Recovery Mark Budzinski - Outfield Play Jeff Kinne - Hitting: Barrels!
5:20 - 6:00	
6:30PM	Mike Rooney (ESPN) My Baseball Life - Now I Can Laugh

SAT 1/11

8:00AM	Marc Polymeropoulos (CIA - Retired) Baseball and the CIA: 10 Life Lessons from Little League to the War on Terror
8:30AM	Chuck Box (Hartfield HS) What I want from a coaches clinic...ideas that win
9:20AM	Randy Sullivan (Florida Baseball Ranch) The Missing Link - Connecting Movement Science with Data
10:20AM	Perry Husband (Effective Velocity) 100/100 - Training Timing for Hitters
11:10AM	State Champs Panel Ian Heisel - Walsingham Academy John Thomas - Lake Braddock Tommy Harrison - Stafford
12:00PM	Lunch: Derrick Ellison (Fellowship of Christian Athletes)
12:50PM	Patrick Coakley (Dura Edge) Josh Marden (Turface Athletics) Prepping Your Field for the Season, Setting Your Surface Up For Success
1:40 PM	Tracy Woodson (University of Richmond) Recruiting: Finding the Right Fit
2:40 PM	Ryan Brownlee (ABCA) Your Coaching Journey Starts Inward
3:20 PM	Zac Stout (Stout Coaching) The New Era of Catching: Developing Elite Receivers