



Minnetonka Diamond Club
and **Knewton Health Group**
Presents



2nd Annual Minnetonka Baseball Coach Developmental Forum

Wednesday-February 3rd, 2010

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6:30pm to 9:30pm
Black Box-Enter @ West Entrance
Minnetonka High School

Hosted by Mr. Paul Twenge
Head Baseball Coach &
Activities Coordinator
(952)401-5902

***REGISTRATION BEGINS @ 6PM**

This clinic is designed to be appropriate for all Minnetonka Baseball coaches.

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| <input checked="" type="checkbox"/> Minnetonka High School | <input checked="" type="checkbox"/> East Tonka Little League |
| <input checked="" type="checkbox"/> American Legion | <input checked="" type="checkbox"/> South Tonka Little League |
| <input checked="" type="checkbox"/> Tonka Babe Ruth | |

Each topic is presented for coaches at every level with the focus on fundamentals and applications at every age.

Program Highlights

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| • Care & Repair/Stretching Program for all Ages
Explanation-Demonstration of Stretching Program | Dr. L. Pearce McCarty |
| • The Mental Edge
How Coaches Should Speak to their Players | Shaun Goodsell |
| • “Theory of Strengthening of the Arm through Long Catch”
“Evaluation of the Pitching Motion”
“Bull Pen Prep”
Q & A from the Audience | Rick Helling
Dave Maurer
Dave Bigham |
| • “Why You are Here as a Coach!”
Retired St. Olaf College Baseball Coach | Jim Dimick |
| • “If You Hit ... You don’t Sit!”
Teaching the Hardest Thing to Do in Sports --- Hit. | Ron Coomer |

All potential Minnetonka baseball coaches and interested parents are strongly encouraged to attend this forum.
Follow up clinics will be hosted by Coach Twenge on Feb 10, 17, 24 & Mar 3.
6:30 PM at the Minnetonka HS

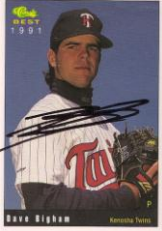
Sponsored by the Minnetonka Diamond Club and Knewton Health Group



Presenter Resumes



Paul Twenge is our host and the Head Baseball Coach and Activities Coordinator for Minnetonka High School. Prior to moving to Minnetonka, Paul coached Division I baseball at Valparaiso University for 19 years. Paul is active in the American Baseball Coaches Association and serves on their committees.



Dave Bigham played professional baseball for 6 seasons in the Twins System. Dave is active in Minnetonka baseball as both a coach and board member. Dave has also enjoyed a post professional career with the Minnetonka Millers helping them achieve several state championships. Dave grew up as an outfielder and became a pitcher after being drafted.



Rick Helling is a former Major League Baseball pitcher who played for the Texas Rangers, Florida Marlins, Arizona Diamondbacks, Baltimore Orioles, and Milwaukee Brewers. Rick helped the Florida Marlins win the World Series in 2003 when he went 4 – 0 in the post season. In 1998 he had the most wins in the American League with a 20 – 7 record. Rick is currently a STLL coach and serves on their Board.



Dave Maurer is a former Major League Baseball pitcher who played for the San Diego Padres, Cleveland Indians and Toronto Blue Jays. Dave is currently helping with the Minnetonka High School baseball team as the Varsity Pitching Coach.



Shaun Goodsell M.A. has developed a sports performance enhancement business called The Mental Edge. Shawn tried to introduce skills that help young players develop their mental strength along with their physical strength. He also provides information for parents to help them understand how their actions and attitudes can support their child's activities and help to build self-confidence. Shawn has partnered with Tonka Football and ETL.



Dr Kelly and Dr Troy Knewtson own and operate Knewtson Health Group in Excelsior. They have graciously helped sponsor our 1st Annual Minnetonka Baseball Coach Development Forum. They can be reached at 952-470-8555. Thank you Kelly and Troy!