Fast Pitch

Rainer Martens, Julie S. Martens

Fast Pitch Nic Stone, 2021-08-31 From #1 New York Times bestselling author Nic Stone comes a challenging and heartwarming coming-of-age story about a softball player looking to prove herself on and off the field. Shenice Lockwood, captain of the Fulton Firebirds, is hyper-focused when she steps up to the plate. Nothing can stop her from leading her team to the U12 fast-pitch softball regional championship. But life has thrown some curveballs her way. Strike one: As the sole team of all-brown faces, Shenice and the Firebirds have to work twice as hard to prove that Black girls belong at bat. Strike two: Shenice's focus gets shaken when her great-uncle Jack reveals that a career-ending—and family-name-ruining—crime may have been a setup. Strike three: Broken focus means mistakes on the field. And Shenice's teammates are beginning to wonder if she's captain-qualified. It's up to Shenice to discover the truth about her family's past—and fast—before secrets take the Firebirds out of the game forever.

Fastpitch Erica Westly,2017-04-04 From its humble beginnings in 1887, when it was invented in a Chicago boat club and played with a broomstick, to the rise in the 1940s and 1950s of professional-caliber company-sponsored teams that toured the country in style, softball's history is as diverse as it is fascinating. Though it's thought of today as a woman's sport, fastpitch softball's early years featured several male stars, such as the vaudeville-esque Eddie Feigner, whose signature move was striking out batters while blindfolded. But because softball was one of the only team sports that women were allowed to play competitively, it took on added importance for female athletes. This book chronicles its history.

Mexican American Fastpitch Ben Chappell,2021-08-17 In Mexican American communities in the central United States, the modern tradition of playing fastpitch softball has been passed from generation to generation. This ethnic sporting practice is kept alive through annual tournaments, the longest-running of which were founded in the 1940s, when softball was a ubiquitous form of recreation, and the so-called Mexican American generation born to immigrant parents was coming of age. Carrying on with fastpitch into the second or third generation of players even as wider interest in the sport has waned, these historically Mexican American tournaments now function as reunions that allow people to maintain ties to a shared past, and to remember the decades of segregation when Mexican Americans' citizenship was unfairly questioned. In this multi-sited ethnography, Ben Chappell conveys the importance of fastpitch in the ordinary yearly life of Mexican American communities from Kansas City to Houston. Traveling to tournaments, he interviews players and fans, strikes up conversations in the bleachers, takes in the atmosphere in the heat of competition, and combs through local and personal archives. Recognizing fastpitch as a practice of cultural citizenship, Chappell situates the sport within a history marked by migration, marginalization, solidarity, and struggle, through which Mexican Americans have navigated complex negotiations of cultural, national, and local identities.

<u>Softball Pitching Edge</u> Cheri Kempf,2014 A guide for coaches and pitchers, Kempf goes beyond the basics of female softball as she covers pre-motion presentation, stance, posture, timing, location and speed. Advice is given on

the correct choice of pitch illustrated with drawings.

Clean Getaway Nic Stone, 2021-01-05 From the New York Times bestselling author of Dear Martin comes a middle-grade road-trip story through American race relations past and present, perfect for fans of Jacqueline Woodson and Jason Reynolds. How to Go on an Unplanned Road Trip with Your Grandma: - Grab a Suitcase: Prepacked from the big spring break trip that got CANCELLED. - Fasten Your Seatbelt: G'ma's never conventional, so this trip won't be either. - Use the Green Book: G'ma's most treasured possession. It holds history, memories, and most important, the way home. What Not to Bring: - A Cell Phone: Avoid contact with Dad at all costs. Even when G'ma starts acting stranger than usual. Take a trip through the American South with the New York Times bestselling author Nic Stone and an eleven-year-old boy who is about to discover that the world hasn't always been a welcoming place for kids like him, and things aren't always what they seem--his G'ma included.

Complete Guide to Slowpitch Softball Rainer Martens, Julie S. Martens, 2011 Hall of Famer Rainer Martens has been playing softball for over 45 years. He currently coaches and plays for the Florida Legends—winners of over 80 national championships in the last 20 years. Although many books focus on fastpitch softball, this is the first comprehensive guide for slowpitch softball played by more than 13 million in the U.S. Includes over 200 photos and a 45-minute DVD that presents demonstrations of offensive and defensive techniques and tactics. Original.

Fast-Pitch Softball: Girls Rocking It Abigael McIntyre, Ann Wesley, 2015-12-15 The first softball game was played in 1887, and while it didn't even include a ball, this sport has been gaining in popularity ever since. This instructive book teaches readers the basics of the fast-pitch game, including the differences between it and slow-pitch ball. Readers will learn all about rules, equipment, field positions, and more. Handy tips will help players play their best game. Featured players in fast-pitch offer insights for anyone, whether they just want to read about the game or are eager to get out on the field and into the game.

Focused for Fastpitch Gloria Solomon, Andrea Becker, 2004 Annotation Focused for Fastpitchcombines the best qualities of a drill book and a softball-specific guide to sport psychology, ensuring that come game time everyone will play at peak performance. Informative yet easy to read, mastering the Focused for Fastpitchtraining principles requires no prior experience, and each chapter includes interactive exercises and charts to help monitor progress. Each drill clearly specifies the mental and physical skills targeted, the goal, proper execution, coaching tips, and variations for increasing or decreasing difficulty. And for additional insight into successful skill building, some favorite drills are included from these top coaches:-Gayle Blevins, University of Iowa-Tami Brown, All-American Softball School's College Prep Program-Connie Clark, University of Texas-Michelle Gromacki, California State University, Fullerton-Jacquie Joseph, Michigan State University-Brian Kolze, University of the Pacific-Patrick Murphy, University of Alabama-Coaching staff, University of California, Davis-John Reeves, University of California-Kathy Strahan, California State University, SacramentoIntegrating concentration, confidence, mental imagery, and energy regulation at practice with softball-specific drills will result in players reaching their potential far sooner than practicing any of these aspects alone. Applying the information in

Focused for Fastpitchis the best way to gain the advantage.

Finished It Cassie Reilly-Boccia, 2014-11-14 Finished It unlocks the Alabama Softball story in a transparent and powerful way. Her stories are woven together creating the sensation you are living and learning what makes Alabama Softball special. This book shares how Coach Patrick Murphy, Coach Aly Habetz and staff have cornered the market on RELEVANT leadership. Unwavering values that withstand the test of time in an ever changing society. Her book pulls back the curtain on one of NCAA Softball's greatest collegiate programs. Sue Enquist Former UCLA Softball Coach-27 yrs. 11-Time National Champion 5-Time Hall of Fame "Been around this amazing game for awhile, and few have ever taken us inside the true emotion, process, preparation and understanding of what it takes to win on the biggest stage. Cassie does this so uniquely, you will find yourself applying to your own life the creative ways this special group was able to succeed both as an underdog in THE championship moment and as a difference maker in life." Jessica Mendoza ESPN Analyst and Reporter, Olympic Silver and Gold Medalist Finished It shows us there is more to winning a national championship than meets the eye the day that trophy is hoisted. Discovering the details of raw emotion and effort that goes into winning a national championship is nothing short of motivational. You can see the Alabama Softball program has developed a formula for not only winning games, but the effort it takes to develop a healthy, inspiring lockerroom from day one of a season. Any athlete, any person would be able to relate to the dedication, creativity, passion and belief in each other this team had from the get-go of their magical season. Amanda Scarborough 2-Time All-American ESPN College Softball Analyst "Although little can prepare you for adversity, this book will show you that when you have twenty hearts beating as one, nothing can stop you." Jaclyn Traina 4-Time All-American Team USA Softball Member

Fit to Pitch Tom House,1996 In Fit to Pitch, baseball's best pitching expert, Tom House, shares the coaching secrets that helped Nolan Ryan sustain a long, successful career and Randy Johnson win a Cy Young Award. With House's pitcher-specific training program, you'll strengthen your body and your arm so you can take the mound in top condition.

Dalko: The Untold Story of Baseball's Fastest Pitcher Bill A. Dembski, Alex Thomas, Brian Vikander, 2020-10-27 Gripping and tragic, Dalko is the definitive story of Steve "White Lightning" Dalkowski, baseball's fastest pitcher ever. Dalko explores one man's unmatched talent on the mound and the forces that kept ultimate greatness always just beyond his reach. For the first time, Dalko: The Untold Story of Baseball's Fastest Pitcher unites all of the eyewitness accounts from the coaches, analysts, teammates, and professionals who witnessed the game's fastest pitcher in action. In doing so, it puts readers on the fields and at the plate to hear the buzzing fastball of a pitcher fighting to achieve his major league ambitions. Just three days after his high school graduation in 1957, Steve Dalkowski signed into the Baltimore Orioles system. Poised for greatness, he might have risen to be one of the stars in the Baseball Hall of Fame. Instead, he spent his entire career toiling away in the minor leagues. An inspiration for the character Nuke LaLoosh in the classic baseball film Bull Durham, Dalko's life and story were as fast and wild as the pitches he threw. The late Orioles manager Earl Weaver, who saw

baseball greats Nolan Ryan and Sandy Koufax pitch, said "Dalko threw harder than all of 'em." Cal Ripken Sr., Dalkowski's catcher for several years, said the same. Bull Durham screenwriter Ron Shelton, who played with Dalkowski in the minor leagues, said "They called him "Dalko" and guys liked to hang with him and women wanted to take care of him and if he walked in a room in those days he was probably drunk." This force on the field that could break chicken wire backstops and wooden fences with his heat but racked up almost as many walks as strikeouts in his career, spent years of drinking all night and showing up on the field the next day, just in time to show his wild heat again. What the Washington Post called "baseball's greatest what-If story" is one of a superhuman, once-in-a-generation gift, a near-mythical talent that refused to be tamed. Steve Dalkowski will forever be remembered for his remarkable arm. Said Shelton, "In his sport, he had the equivalent of Michaelangelo's gift but could never finish a painting." Dalko is the story of the fastest pitching that baseball has ever seen, an explosive but uncontrolled arm.

The Softball Drill Book Kirk Walker, 2007-04-30 Packed with 175 drills straight from the practice sessions of the game's most successful programs, The Softball Drill Book will add variety to your practices and precision to your game-day performances. The comprehensive collection covers every aspect of the game. From warm-up to conditioning, throwing to hitting, bunting to base-running, you'll find drills to improve position skill and team execution—all from college coaches and programs that have won 13 NCAA Women's College World Series titles and dozens of NCAA regional tournament titles. Contributors include: Louie Berndt, Florida State Carol Bruggeman, Louisville Yvette Girouard, Louisiana State Michelle Gromacki, Cal State Fullerton Deanna Gumpf, Notre Dame Carol Hutchins, Michigan Kelly Inouye-Perez, UCLA Jay Miller, Mississippi State Jennifer Ogee, Nebraska Kim Sowder, Long Beach State Heather Tarr, Washington Michelle Venturella, Iowa Kirk Walker, Oregon State Margie Wright, Fresno State One look at the names above and it is clear, The Softball Drill Book is your blueprint for championship practices.

The Official Rules of Softball Amateur Softball Association of America,1998 The essential resource for players and fans of the game. Included are the sport's official playing rules, pitching regulations, referee signals, and field diagrams for fast and slow pitch, both 12 inch and 16 inch.

Lupe Wong Won't Dance Donna Barba Higuera, 2020-09-08 My gym shorts burrow into my butt crack like a frightened groundhog. Don't you want to read a book that starts like that?? Lupe Wong is going to be the first female pitcher in the Major Leagues. She's also championed causes her whole young life. Some worthy...like expanding the options for race on school tests beyond just a few bubbles. And some not so much...like complaining to the BBC about the length between Doctor Who seasons. Lupe needs an A in all her classes in order to meet her favorite pitcher, Fu Li Hernandez, who's Chinacan/Mexinese just like her. So when the horror that is square dancing rears its head in gym? Obviously she's not gonna let that slide. Not since Millicent Min, Girl Genius has a debut novel introduced a character so memorably, with such humor and emotional insight. Even square dancing fans will agree...

Softball Skills & Drills Judi Garman, Michelle Gromacki, 2011-02-14 Looking for the ultimate book to help you learn and master softball's essential skills? Look no further than the guide that has helped develop the game's

top players and most successful teams. This new edition of Softball Skills & Drills is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport. Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton's Michelle Gromacki to share their secrets to developing and mastering every aspect of the game. With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you'll learn every fundamental skill: *Hitting *Bunting *Slap Hitting *Baserunning *Sliding *Fielding *Throwing *Pitching *Catching And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, Softball Skills and Drills is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, Softball Skills &Drills is the one book you cannot be without.

Fast Pitch Fifties Pete Gallo, 2013-06-28 Fast-Pitch A lost chapter in the history of America's favorite pastime is finally recovered and retold in brilliant and play-by-play detail in Pete Gallo's book, Fast-Pitch Fifties. Readers are warmly invited to revisit New Rochelle during the 1950s and discover the Twilight League and windmill baseball at its height as some 20 teams battled for championship titles and local bragging rights. Fast-Pitch recalls a period when local sports was king and a championship series in towns like New Rochelle would draw crowds that were measured in the tens of thousands. Based on interviews and historical accounts, the author brings to life local legends of windmill at its height, such as pitcher Rush Riley who threw a softball at major league speeds and was known for his Olympian endurance, playing up to ten games per week. While many of the names are less familiar, windmill stars who managed national acclaim are also recalled such as Hicksville, Long Island native Roy Stevenson, an early pioneer of windmill pitch who helped inspire a generation of players in the New York metropolitan area. Aimed at sports fans, the book is also the story of an era - one full of memorable characters like 'Popeye' Claps an affable stationery store owner and baseball coach who managed to get Roy Rogers and his troupe to visit New Rochelle for an ad hoc block party for local kids. Then there was Bruce Flowers a professional boxer who helped lead New Rochelle's most-winning windmill team for the decade, the New Rochelle Royals. You will read about Bill Marino, a veteran who lost his arm in World War II, but remarkably managed to recapture personal glory by becoming one of the league's most feared pitchers. The author also finds that windmill's most prominent feature lead to its decline in community sports. It was a game where sheer pitching strength ruled the day, making balancing league play difficult, which helped give rise to its successor, modern slow-pitch softball. Though, fast-pitch persists in popularity, particularly among women's college leagues, Gallo brings us back to an era when communities across America were first discovering the game. The book recalls how the social fabric of the 1950s, with its unbridled post-war optimism and corresponding economic boom, provided for a golden era in community sports - from stickball play to fast-pitch. Gallo reminds us of how this amateur recreational league evolved to resemble a full-fledged minor B-ball league, housed in a single city - the Queen City of the Sound.

Fast-Pitch Feud Jake Maddox, Stephanie True Peters, 2022 Now that twelve-year-old Anya is old enough to join her fourteen-year-old sister Marina on the fast-pitch softball team things are becoming tense between them: Anya has trouble catching her sister's pitches and resents Marina's criticism and being moved to the outfield, Marina is increasingly obsessed with her role as captain, and angry because Anya does not seem to take the game as seriously as she does--and with an important game coming up the sisters are going to have to work out their differences if their team is going to win.

Hitting with Torque Paul F. Petricca, 2017-11-07 Paul Petricca draws on his experience as a coach, player, blogger, and student of baseball and softball to share what hes learned about hitting in this essential guide for players seeking dramatic results at the plate. The author presents easy to understand hitting mechanics highlighting how the engineering concept of torque can be applied to hitting and is often the difference between a weak groundball or a long home run. Topics covered include understanding where hitting power really comes from and the importance of increasing bat speed through the fundamentals of a repeatable and powerful rotational swing. Hitters of all ages who adopt his eight hitting keys will enjoy a dramatic increase in bat speed and power almost immediately. Hitting with Torque is more than a set of hitting mechanics---its a mindset. Readers will be challenged to look past the worn-out hitting theories and myths that have been holding back hitters from reaching their full potential. With an open mind and practice, all hitters can unlock the power and consistency that is Hitting with Torque.

Fever Pitch Nick Hornby, 2005-05-05 *WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR* Fever Pitch is Nick Hornby's million-copy-selling, award-winnning football classic 'A spanking 7-0 away win of a football book. . . inventive, honest, funny, heroic, charming' Independent For many people watching football is mere entertainment, to some it's more like a ritual; but to others, its highs and lows provide a narrative to life itself. But, for Nick Hornby, his devotion to the game has provided one of few constants in a life where the meaningful things - like growing up, leaving home and forming relationships, both parental and romantic - have rarely been as simple or as uncomplicated as his love for Arsenal. Brimming with wit and honesty, Fever Pitch, catches perfectly what it really means to be a football fan - and in doing so, what it means to be a man. 'Hornby has put his finger on truths that have been unspoken for generations' Irish Times 'Funny, wise and true' Roddy Doyle

Wild Pitch Eric Fein,2011 Last year, Ryan Rogan injured Kyle Walker with his red-hot fastball. This year, they're on the same team - and neither teen is happy about it.

The book delves into Fast Pitch. Fast Pitch is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Fast Pitch, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- ∘ Chapter 1: Introduction to Fast Pitch
- ∘ Chapter 2: Essential Elements of Fast Pitch
- ∘ Chapter 3: Fast Pitch in Everyday Life
- ∘ Chapter 4: Fast Pitch in Specific Contexts
- ∘ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Fast Pitch. The first chapter will explore what Fast Pitch is, why Fast Pitch is vital, and how to effectively learn about Fast Pitch.
- 3. In chapter 2, this book will delve into the foundational concepts of Fast Pitch. This chapter will elucidate the essential principles that must be understood to grasp Fast Pitch in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Fast Pitch in daily life. The third chapter will showcase real-world examples of how Fast Pitch can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Fast Pitch in specific contexts. The fourth chapter will explore how Fast Pitch is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about Fast Pitch. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Fast Pitch.

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Fast Pitch Introduction

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