

Senior Capstone Project: Softball Clinic
Rebecca Cassel-Siskind

Softball Clinic Plan:

1pm-3pm Saturday, April 30, 2022

Friends of River Field, 400-442 N 24th St, Philadelphia PA, 19130

Helpers:

Anna Diemer

Lily Prendergast

Roisin Keenan

Maia Keenan

Leo Cassel-Siskind

1-1:20: Ice Breaker, Name game throwing drill (We're standing in a big circle and throw the ball to each other. When you get the ball, you introduce yourself)

1:20-2: Drills, Split into five groups (each of my helpers takes a group) and each group does a different type of drill. Rotate groups every 8 minutes or so.

Group 1: Throwing and catching station (teaching proper mechanics)

Group 2: Swinging mechanics

Group 3: Hitting off of a tee

Group 4: Slow toss hitting

Group 5: Grounders

2-3: Game #1 (TBD)

3-4: Game #2 (TBD)

At the end, give out little softball party favors to everyone!

[Link to Party Favors](#)

I realized that this issue, of not having the field space in urban environments to have practices, games, clinics, etc, must be a common issue that coaches constantly deal with. Less than a third of youth in the U.S. meet physical activity aerobic standards. In recent years, there has been a major increase in obesity rates in children, this has created a growing focus on the significance of building places and creating accessibility to areas where kids can exercise and be a part of team sports. Just in the last 10 years, funding for athletics in the Philadelphia School District for elementary schools have been cut for budget reasons. More middle and lower income students have been quitting athletics while participation among wealthier kids is rising. The typical family with a child doing a sport, spends about \$700 a year on costs like equipment. This not only affects these kids in their childhood, but negatively impacts them later in life too. The kids with the most sports training are the athletes that are going to get recruited by colleges and given scholarships to both continue their athletic careers and have great opportunities to get amazing educations at some of the best universities in the country. This may not seem like a large issue, but it affects the health, happiness, education, and future of so many urban lower-income kids.

Bibliography:

Picchi, Aimee. "Game Over: Middle-Class and Poor Kids are Ditching Youth Sports" CBS News, N/A publisher, August 15, 2019.

<https://www.cbsnews.com/news/uneven-playing-field-middle-class-and-poor-kids-are-ditching-youth-sports/>

Giroir, Brett. "The National Youth Sports Strategy" Office of the Assistant Secretary for Health, N/A Publisher, 2014.

https://health.gov/sites/default/files/2019-10/National_Youth_Sports_Strategy.pdf

Whitaker, Anamarie A., Garrett Baker, Luke J. Matthews, Jennifer Sloan McCombs, and Mark Barrett, Who Plays, Who Pays? Funding for and Access to Youth Sports. Santa Monica, CA: RAND Corporation, 2019.

https://www.rand.org/pubs/research_reports/RR2581.html