



# 2022 Softball Coaches Clinic

Club Fusion Volleyball Center  
11104 S. Grant HWY (Rt. 20)  
Marengo, IL 60152

**Website**

<http://icasoftball.org/>

**Twitter**

@ica\_softball

**Friday, January 28, 2022**

**8:30 a.m. - 2:30 p.m.**

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## CLINIC AGENDA

- 8:00 a.m. Doors Open (Registration, Donuts & Coffee provided by **Adrenaline Fundraising**)
- 8:30 a.m. Welcome
- 8:35 - 9:15 a.m. Paul Forsythe: Buildings and Sustaining a Successful Program
- 9:20 - 10:00 a.m. Paige Stryczek: Catching Techniques & Drills
- 10:05 - 10:45 a.m. Julie Fonda: Base Running - How to Create Havoc
- 10:50 - 11:30 a.m. Paige Stryczek: Team Drills
- 11:30 a.m. - 12:10 p.m. Lunch Provided
- 12:10 - 12:50 p.m. Mark Petryniec: Effective Indoor Practice
- 12:55 - 1:35 p.m. Jarod Gutesha: Throwing & Hitting Drills with Technique
- 1:40 - 2:20 p.m. Tyler Pazik: Mental Game
- 2:25 p.m. Closing Remarks

**\*\*\*Meet the Speakers\*\*\***

**Paul Forsythe**

Coach Forsythe has been the head coach of the Marengo Community High School football program since 2017. Since then he has led the Indians to a record of 36 wins and a quarter-final appearance. His teams have made the playoffs for the past three seasons. Coach Forsythe came from Minooka prior to Marengo.

**Mark Petryniec**

Coach Petryniec is a 2022 ICA Hall of Fame inductee. He has guided the Red Raiders Softball program for the past 17 years and has won 384 games during his tenure. Huntley won the class 4A state championship in 2019 and placed 3rd in the 2021 state finals.

**Paige Stryczek**

Coach Stryczek led the Oak Forest Bengals to the 2009 class 3A state championship during her seven year tenure. Coach Stryczek has a career win total of 184 wins and winning six regional championships and four sectional championships. She is currently coaching her daughter's 12U team.

**Tyler Pazik**

Tyler has a Masters Degree in Sport Psychology from Texas Christian University (TCU) and has been continuously acknowledged both regionally and nationally as an industry leader in the field of sport psychology. He not only talks the talk, but he walks the walk, having placed first in his age group in a 100 Mile Ultra Marathon on June 1st, 2019. He is constantly challenging his mind and body in triathlons, marathons, and other races across the country as well as rock climbing, downhill mountain biking, and snowboarding.

**Jarod Gutesha**

Coach Gutesha has been the head coach of the fighting Saints of St. Charles East for the past six seasons. During his tenure the Saints have won five regional championships, one sectional championship and one super-sectional championship. He led the Saints to the 2019 Class 4A state runner-up.

**Julie Fonda**

Coach Fonda is a 2022 ICA Hall of Fame inductee. Coach Fonda has been to the Class 3A state finals five times where her Raiders won the state titles in 2012 and 2013. She has finished with two thirds and a fourth place finish as well. Coach Fonda has a 15 year career record of 403 wins and 118 losses while winning 14 straight regional championships.

<b>*** Location ***</b> <b>Club Fusion Volleyball Center</b> 11104 S. Grant Hwy (Rt 20) Marengo, IL 60152 <a href="http://www.clubfusionvb.org/directions.asp">http://www.clubfusionvb.org/directions.asp</a>	<b>***Directions***</b> <b>From the Northwest Suburbs:</b> Take I-90 West towards Rockford. Take the US-20 exit toward MARENGO/HAMPSHIRE. Turn LEFT onto US-20.  <b>From Rockford:</b> Merge onto I-90 E toward CHICAGO (Portions toll). Take the exit toward US- 20/MARENGO/HAMPSHIRE. Turn LEFT onto US-20.
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<b>***Cost***</b> \$80 per coach <b>Sign Up &amp; Pay Online at:</b> <a href="https://register.ryzer.com/camp.cfm?sport=3&amp;id=203818">https://register.ryzer.com/camp.cfm?sport=3&amp;id=203818</a> Or <b>Make checks payable to MCHS &amp; Send to:</b> MCHS c/o Dwain Nance 110 Franks Rd. Marengo, IL 60152	<b>***Questions***</b> Contact Dwain Nance fisherman0916@yahoo.com (217) 778 - 9603
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**2022 Illinois Coaches Association Softball Coaches Clinic  
Registration Form**

<b>School / Travel Program:</b>		<b>Email:</b>	
<b>Contact Name:</b>		<b>Coach:</b>	
<b>Coach:</b>		<b>Coach:</b>	
<b>Coach:</b>		<b>Coach:</b>	

Make checks payable to MCHS & Send to: MCHS, c/o Dwain Nance, 110 Franks Rd., Marengo, IL 60152

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