

Schedule ISG/DBV Baseball Clinic 2023



ISG BASEBALL
Making baseball better ... one coach at a time

Location: Cologne Sports University

Friday, 20 January

Time	Speaker	Topic	Venue
18.30	Tom O'Connell	Begrüßung/Welcome	Hörsaal 2
18:45-19.30	Dominic Anagnos	The Perfect Swing Is a Unicorn	Hörsaal 2
19:40-20:25	Benjamin Kleiner	Introducing School Program	Hörsaal 2
20:30-21:15	Bryan Adamski	Baserunning	Hörsaal 2

Saturday, 21 January

Time	Speaker	Topic	Venue
09:30-09:45	Tom O'Connell	Introducing ABCA	Hörsaal 2
10:00-11:00	NADA Speaker	Sauberer Sport trotz Leistungsdruck	Hörsaal 2
11:15-12:00	Bryan Adamski	Hitting: The Path to Owning Your Swing	Hörsaal 2
12:10-12:55	Martin Brunner	Pitching	Hörsaal 2
13:00-14:00	Mittagessen / Lunch		
14:00-14:45	Meike Schröer	Basisschulung "Prävention gegen sexuelle Gewalt"	Hörsaal 2
14:45-15:30	Meike Schröer	Basisschulung "Prävention gegen sexuelle Gewalt"	Hörsaal 2
15:45-16:30	Johannes Oswald	Mental Toughness	Hörsaal 2
16:35-17:20	Dominic Anagnos	Movement Over Mechanics	Hörsaal 2
17:30-18:15	Tom O'Connell	Denkanstoesse fuer Trainer (Some Coaching Food for Thought)	Hörsaal 2
18:15-19:00	All	Hot Stove Q&A	Hörsaal 2

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Sunday, 22 January

Time	Speaker	Topic	Venue
09:30-10:15	Benjamin Kleiner	Baseball5	Halle 09
10:15-11:00	Benjamin Kleiner	Baseball5	Halle 09
11:15-12:00	Dominic Anagnos	Hitting: Application in Practice	Hörsaal 2
12:05-12:50	Bryan Adamski	Strength and Conditioning for Young Players	Hörsaal 2
13:00-14:00	Mittagessen/Lunch		
14:00-15:00	Chris Englert	Achtsamkeit im Sport	Hörsaal 2
15:15-16:00	Bryan Adamski	Infield Play	Hörsaal 2
16:00-16:15	Tom O 'Connell	Verabschiedung / Farewell	Hörsaal 2