

## 2019-20 Mount Horeb Softball Club: Pitcher Development

The MHSC recognizes the need for pitchers to develop and hone their skills throughout the year by committing to individual practices as well as working with a qualified pitching coach. We are fortunate to have a number of talented pitching coaches in the area. The MHSC has assembled a list of coaches ranging from volunteers to paid professionals to meet the varying needs of players and parents alike. We would be happy to add additional coaches to our list if we are made aware of them so our players have every opportunity available to them. We hope you find this list useful as you decide what works best for your player and your family.

### Practice Space

The MHSC is working to secure gym space in Mt. Horeb this winter for open gym practices. Pitchers can work with volunteers or bring in a pitching coach to practice in small groups or individually. In addition, there may be opportunities to practice at other local facilities if more space is needed and the demand is great enough. Stay tuned for more info.

### Pitching Coaches and Resources

#### Steve Krupke

608.295.8934

krup3@yahoo.com

#### Pitching Philosophy & What to Expect (videos):

[The "Krup K System"](#)

[What We Teach](#)

#### Experience/Background:

- Head Coach for Brodhead Softball for 12 years (2000-2011) with a 203-63 record.
- Head Coach of the 2004 Division 3 Wisconsin State Champions.
- Won Rock Valley Conference Titles in 2001, 2002, 2003, 2004, 2006, 2009, 2010 and 2011.
- Coached and developed First Team All-Conference Pitchers. 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2009, 2010, 2011, 2016 and 2017
- Coached Wisconsin State All-Star game in 2004.
- Coach Wisconsin All-State Team in the Wisconsin/Minnesota border battle in 2010 and 2011
- Pitching instructor for pitching camps at UW-Oshkosh from 2004 to 2013
- Pitched competitively from 1994 to 2008 winning multiple NAFA & ASA National Titles and numerous accolades.

**Particulars:** Although Steve is not taking on new individual lessons currently, he is willing to work with up to three additional ladies on the same evening he is already coming to Mt. Horeb. Steve charges for lessons, contact him for rates.

**Location:** Steve currently works with several Mt. Horeb pitchers at a private facility within a mile of the village one night a week over the winter.

**Philosophy:** Steve hangs his hat on fundamentals and mechanics. "First, I focus on proper mechanics. I have a track record of my pitchers NOT getting sore arms. I have pitched for over 25 years and I don't get a sore arm. Pitchers with proper mechanics can throw multiple games in a day and typically get stronger throughout the season. Second, I teach a Drop Ball. I have a method that easily turns a pitcher's Fastball into a Drop Ball. Third, I teach a Change Up. There are a lot of ways to throw a Change Up, but I teach one that my students feel is simple and more effective than any other change up they have tried. It looks like a Drop Ball so that adds to the deception. Last, I teach a Rise Ball. This is an advanced pitch and I only teach it to pitchers that have their mechanics mastered. I teach it in a way that requires A LOT of practice, but it is the most effective Rise Ball there is."

### **Craig Neuroth**

608.438.2356

outsidersbaseballthree7s@gmail.com

**Website:** <http://three7sbaseball.com>

**Experience/Background:** Craig was the varsity softball coach for Barneveld for thirteen years and played fastpitch softball for many years.

**Particulars:** Craig runs a training facility and charges for lessons; contact him for rates.

**Location:** Craig has a practice facility located just outside of Mt. Horeb at 3184 Cty. J, Verona, WI 53593

**Philosophy:** "Our goal is not to win every game, rather to teach winning and losing with dignity and respect and to instill the love of the game to all players. We think everyone can play and everybody should have fun."

### **Morgan Stephens**

765.418.9775

morganstephens@gmail.com

**Experience/Background:** Morgan played competitive travel softball for a decade all over the east coast and Midwest. She pitched in more than a hundred games at national tournaments (ASA, NSA, & USSSA), and pitched her teams to a USSSA national championship and Indiana high school state runner up title. Morgan has been coaching elementary to high school pitchers for the last 10 years.

**Particulars:** Morgan works with pitchers at any level both individually or in small groups. Morgan charges for lessons, contact her for rates.

**Location:** Morgan will come to you or at times can find alternate locations if necessary.

**Philosophy:** "I focus on the mechanics of pitching and instilling confidence in girls of all ages and experience levels. I utilize pitching methods that rely on repetition through drills, isolating areas of the pitch, and mental fortitude on the mound. I regularly review the current best practices in pitching through following top pitching experts such as Rita Lynn Gilman and former team USA pitchers."

### **Laci Pustina**

608.574.7713

laciustina@yahoo.com

**Experience/Background:** Laci was a coach for U12 summer and fall ball this past year.

**Particulars:** Laci has a daughter in the Mt. Horeb youth program and is willing to volunteer her time to those interested.

**Location:** Work with girls at open gyms or practices.

### **Kelly Hurda**

608-279-2621

kellyhurda@gmail.com

**Experience/Background:** Kelly assisted the U10 teams with pitching this past summer.

**Particulars:** Kelly has a daughter in the Mt. Horeb youth program and is willing to volunteer her time to those interested.

**Location:** Work with girls at open gyms or practices.