



2024 Training Plan

<u>Date</u>	<u>Location</u>	<u>Topic</u>
Tues, 5 Dec 23	In-person	Admin
Tues, 19 Dec 23	ZOOM	Rules 1 and 9
Tues, 9 Jan 24	In-person	Rule 3/Mechanics
Tues, 16 Jan 24	ZOOM	Rule 5
Tues, 30 Jan 24	In-person	Rule 6/Mechanics
Sun, 28 Jan 24	NSD	USA Rules/Mechanics
Tues, 6 Feb 24	ZOOM	Rule 8
Tues, 20 Feb 24	In-person	Mechanics/Jeopardy
Sun, 25 Feb 24	ZOOM	Test Review/Overview

2024 Training Requirements

In order to be NHFS/CIF “qualified” for regular season and post-season assignments, you must complete **18 hours** of training, therefore the following guidelines are provided.

<u>Topic</u>	<u>Credit hours</u>
MOA Training (*)	2 hours per session/(16 hours)
USA Training (28 Jan 24)	4 hours (Mechanics only)
USA National School (20-21 Jan 24)	4 hours
NFHS/CIF Test	2 hours
MOA assigned scrimmage games	1 hour per game/2 hours maximum

(*) must attend at least **five MOA training meetings**

Total **28 hours**

Overall concept is to teach both Fast-pitch and Slow-pitch at all training sessions. In addition, we will provide rules differences at each meeting.