



Jessica Bowen- Keeping It Fundamental, Ultimate Performance Sports

Jessica has been in the world of softball and baseball for over 20 years. As a standout for Butler High School in Matthews, NC, Jessica helped lead the Bulldogs to three consecutive NC 4A State Championships, earning All-Conference, All State, and still holds many titles. Jessica continued her career at Wingate University where she started all 4 years, graduated with a Bachelor's degree in science, and minored in business.

That wasn't enough for Jessica - she continued her career as both a hitting and pitching instructor for softball and baseball in Charlotte where she's mentored young men and women who have gone on to play college ball at many D1 & D2 institutions. Jessica also coached for nationally ranked and recognized teams like Lady Lightning and Carolina Elite - playing against and beating the best in the nation.

Jessica is a fundamentals instructor that focuses on building the right mechanics in addition to developing the players feel and game intelligence making them into multi-dimensional, competitive, and confident players. She teaches all positions and her workouts are not easy, but being the best is not about what's easy, it is about taking it "one day at a time" and becoming the best player you can be.

Jessica Bowen's topics for clinic attendees:

- Keeping it Fundamental**
- Skills and Drills for offense**
- Skills and Drills for defense**
- Skills and Drills for pitching and catching**



GREG JENKINS-EAST DUPLIN HIGH SCHOOL, NORTH CAROLINA

Coach Jenkins has coached from; 2002-present, this is his nineteenth year as a Coach. Coach has compiled a record of 284-138 during his career. In 2003, Coach Jenkins and his team were the 2A State Runners Up. Jenkins has been; East Central Conference Coach Of the Year 8 times, Jacksonville Daily News Coach Of the Year 4 times, and his team has been ECC Championships 5 times.

Coach Greg Jenkins is a founding member of the North Carolina Softball Coaches Association where he has also served as D2 Chairperson and Eastern NC Vice President

Jenkins also has Coached Region 2 to Bronze medal (2009) and East Seniors to Gold medal in 2010 in the Powerade State Games.

Coach Jenkins' topic for clinic attendees:

Practice Organization at the High School level and how to get the best out of practice time with a small staff.

****Q&A Sessions will be held during and after each topic from the speakers.****