

Instructor Biographies



The Action Sports Center's instruction philosophy is founded on the principle of training the athlete to become as athletically efficient and fundamentally sound for their specific skill; be it pitching, hitting, fielding or throwing. In addition to the physical approach to the game, Action Sports Center's instructors reinforce and instill intangibles such as:

- Confident and Disciplined approach to the game of softball
- Techniques to help maintain Focus
- Mental Approach and Attitude towards the skill, the team and the game
- Personal Accountability
- Appreciation and Respect for the coach, the team and game.

Action Sports Center prides itself in the coaching staff. Below currently represents our on-staff instructors.

Amanda Stewart-Tonkin – Softball Instructor

Instruction Focus: Pitching and Hitting

Philosophy:

No one softball pitcher is alike. Certain motions, grips and movements work better for some than others. Each pitcher should develop a style that works for them and maximizes their talents. Softball pitching isn't all about speed; it's a combination of working the corners, throwing the off-speed pitches, reading the batter and evaluating the situation on the field.

Pitching is a blend of physical and mental challenges, and the only way to perfect these is to practice them.

Hitting is the same with every pitcher you face, whether they throw fast-balls or off-speed pitches. As long as you exercise the proper mechanics, only small adjustments are needed to hit different kinds of pitches. A hitter is successful by executing the proper mechanics every time they swing the bat. There should be no difference between swinging a bat at practice and swinging one in the game.

Experience:

- Starting pitcher at Notre Dame College for four years.
- Holds school records for career strikeouts, strikeouts while looking, ERA, starts, wins and saves.
- Selected for the AMC Mideast Conference Second Team in 2004 and 2005.
- Selected for the AMC Mideast Conference First Team in 2006 and 2007.
- Selected Pitcher of the Year for the AMC Conference in 2006.
- Selected All-American Honorable Mention for NAIA in 2006.
- 11 years pitching experience, 5 years experience giving lessons