

U Academy

Youth Sports Magazine

Health and Safety

Softball Royalty

STORY 1 – Coach Beamon

STORY 2 –Using Analytics

STORY 3 – Top Ballers

Baseball and Softball Edition



Coach Sparkle Beamon

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JANUARY/FEBRUARY [2023]

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U Academy Purpose

U Academy is designed to focus on health and safety in youth sports; and assist in efforts to support women in sports. Please join us as we grow to the future.

Editor In Chief

Roderick B. Hadnot

1

Sparkle Beamon

Southeast Texas coaching royalty. Meet Coach Beamon. She talks about softball and the future of women in sports

2

Analytics

A review on the role of analytics in softball and baseball; for player development and game management.

3

Top Players

Top softball and baseball players in the U.S. as noted by Perfect Game
(www.perfectgame.org)

1 Coach Sparkle Beamon

Interview by
Roderick B. Hadnot



There is a royal court in Southeast Texas as it relates to softball coaches. Sharing the crown is none other than celebrated coach, Sparkle Beamon. If you ask around for a trainer or person to lead teams, her name always comes to the top. U ACADEMY was blessed with the opportunity to interview her. Please meet Coach Beamon.

Hi. I am Sparkle Beamon. I am a wife and mother of three and a bonus mom to two. I am a West Brook High School graduate where I played varsity softball for four years as a utility player. I received All-District for three years and the Good-Sportsmanship Award during my senior year. Also, I played select softball throughout high school. I had scholarship offers to Texas Southern University, Mississippi Valley and Bethune Cookman. Along with playing softball in high school, I played volleyball as a middle blocker and outside hitter. After graduating from high school, I chose to accept an offer to play volleyball at Dallas Christian College. Later, I furthered my education at Ashford University and graduated with a business degree. Currently, I am a fitness instructor and the head coach of the high school varsity volleyball and softball program at Legacy Christian Academy. Softball has been part of my life since the age of eight. My softball journey

started off playing little league in Port Acres, Texas. That's where my true foundation as a softball player and as a pitcher started. I had an amazing coach that saw potential in me as a pitcher/athlete. This amazing coach taught me all the mechanics needed to become a great pitcher. At the age of twelve I then moved to Beaumont where I joined West End Softball Little League. I was their first African American softball player. My favorite memorable moment was when I pitched my first no hitter! What an amazing feeling! That year, all the coaches in the league voted for me to receive the Softball Good Citizenship Award. I have been coaching softball for ten plus years now; all levels such as Recreational, Select and High School. Coaching is more than just the wins for me. It is teaching girls lifelong lessons, building and instilling character & integrity in them and bringing out their very best.

Coach Beamon (continued)

Participation vs Competition

Participation brings people together. Many schools expect every child to participate in at least one cultural and/or sporting activity. They can make new friendships. There's a sense of belonging in which everyone realizes they're part of one team... Competition motivates learners to try even harder. Winning is a morale booster. Competitors (often) further develop their skills. There's also the sheer enjoyment and the fun of taking part (in sports or other activities). Positive competition involves determination and is critically important to building friendly rivalries. These rivalries enhance values such as perseverance, respect and being humble in victory and gracious in defeat.

The future of softball is very bright. There are more and more athletes all over, that are getting involved. I'm so excited to see more of African American girls that are signing scholarships and are choosing to play college softball. Sixteen years ago, back when I played there were just a handful of African American girls that were playing softball. So, to see the diversity in this sport is amazing!

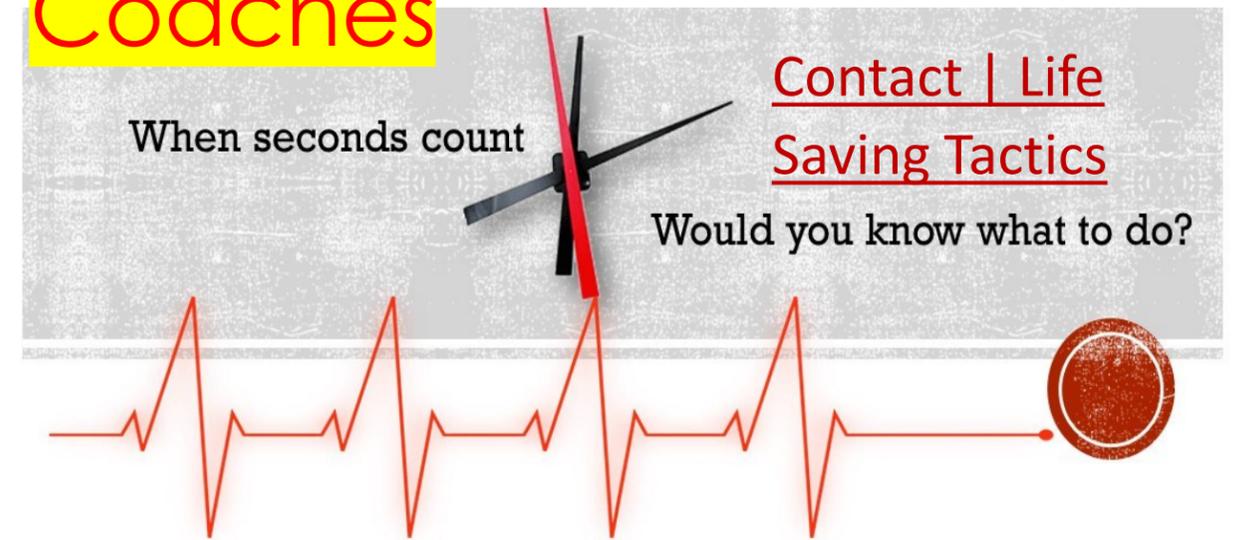
The future of women sports is growing rapidly. Their talent is getting noticed more than ever before. Our younger generations have incredible women athletes to look up to for examples of success.

Coach Sparkle Beamon can be reached at 409-217-2640 OR Sparklingspecialties@yahoo.com

She offers all skills of softball training including pitching.

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Coaches



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The use of data to analyze the game, makes the difference between adjusting and staying the same; winning and losing

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2 | Using Analytics for Growth

Coach Hadnot, RN, MSN

As a Registered Nurse, I utilized data to take care of patients. Vital signs like blood pressures and heart rates, help me understand if the heart is operating properly. Child growth and development charts help health providers understand if children are growing according to the usual scale of growth for their age group. There is also subjective data (things people say); and objective data (things we can measure with numbers and science). Data makes the difference to the health outcomes of patients.

Data can also help with player development in softball and baseball. The use of data to analyze the game, makes the difference between adjusting and staying the same; winning and losing. For example, one can measure how fast the ball comes off the bat and travels through the air (Exit Velocity). Attaining a high Exit Velocity is one of a hitter's primary goals. A hard-hit

ball won't always have a positive result, but the defense has less time to react, so the batter's chances of reaching base are higher. For this very reason, Exit Velocity can also be used to evaluate pitchers. (1)

Leaving are the days when Coaches can just visualize and assume that their players and teams are growing. For every sport, data and being able to analyze and apply the data, is a game changer.

Top Softball and Baseball Players as noted by Perfect Game



Click links below

[Class of 2023 HS Baseball Player National Rankings | Perfect Game USA](#)

[PG Softball Class of 2023 Player Rankings \(perfectgame.org\)](#)

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