



# COACHES RESOURCE

## About SOFTBOK

### Overview

A body of knowledge (BOK) is generally defined as a complete set of concepts, terms and activities used by professional organizations to help guide their particular practice or work. SoftBOK™ is a body of knowledge dedicated specifically to the sport of fastpitch softball. It effectively provides organizations, coaches, athletes, and parents access to premium softball instruction conveniently and affordably. SoftBOK™ content can be conveniently accessed from any device with a wireless internet connection.

### About the Developer

SoftBOK™ was developed by Darin Delgado, Associate head coach at American River College, Director of Coaching Education for USA Softball of Sacramento, and founder of Elite Athlete Consulting (EAC). Coach Delgado began his professional career in information technology as a computer programmer for Oracle Corporation. After nearly 20 years developing software, his experience coaching his daughters ultimately compelled him to get involved in youth sports. In addition to his position as a softball coach with American River College, Coach Delgado devotes a significant amount of his personal time assisting youth leagues and local softball associations with skills clinics and private instruction.

### The Product

SoftBOK™ is the ultimate education resource for fastpitch softball. It consists of empirical softball instruction and educational content derived from over 20 years of experience training athletes at all levels. SoftBOK™ content ranges from individual drills to complete organizational practice plans.

### Access

To access SoftBOK™ for the 2020 year, please go to [www.usasoftballsacramento.org](http://www.usasoftballsacramento.org) and click on the left side menu. The password for 2020 is: UsaSoftball22