

LINDSAY GARDNER



HOWDY, YALL, I'M YOUR COACH.

Imagine if all your training and practice had instilled in you the ultimate confidence to direct the ball precisely where you wanted it to go. What would you aim to achieve?

In this Green Zone Hitting Course, our primary goal is to equip hitters with the tools for success at the plate. We prioritize efficiency in scoring runs, focusing on maximizing the impact of each swing to hit the gaps that lead to more bases. Ultimately, this is a game of scoring runs, and Green Zone Hitting is designed to assist you in mastering the skill of scoring with the intention through your Green Swing.

JUST DIG IN!



HOOK 'EM! AIM TO WIN AND JUST DIG IN.

When I was nine years old, I dreamt of becoming the first girl to play major league baseball. Throughout my childhood, I watched and emulated the greatest players in the game - Ted Williams, Mickey Mantle, Roger Marris, Hank Aaron, Willie Mays - and took my favorite swing approaches to the plate. But one player made me feel like I had super powers when I hit like him. I didn't know it then, but Babe Ruth had it all figured out when he called his famous home run shot and actually hit it.

I'd walk out to the middle of the street and step up to our makeshift home plate, made out of a pizza box, tap my wiffle bat on the ground and give a look to the flower bed in left field. I pointed my bat to the automatic home run and turned my gaze to the pitcher as I swung the bat back around and placed it on my back shoulder. If the pitcher gave me any more time, I'd wave it back out front, showing them exactly where I wanted it.

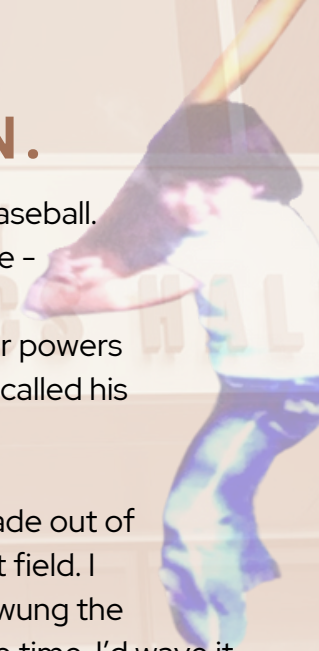
Once the pitch was released, I was every bit prepared to manipulate the ball in a manner that meant business. If I chose to continue with my attack, it was because I truly believed I could make the pitch go exactly where I planned. I didn't have one way to hit a pitch, I had twenty ways. I was athletic and understood the power of visualization and how it guided my every move with precise timing.

I was an elite hitter at every level I played. I was a lead off-batter in baseball from ages 9-12, and in fastpitch softball for most of my youth, high school, and college career. I was fast and aggressive and could pack a punch in a swing like Mighty Mouse; I just needed a pitch close to the plate that I could pull with feverish fire.

This intention-filled hitting approach led me to the greatest heights of my 20 year playing career. Throughout my career, the most thrilling period spanned from 2000 to 2003. In 2000, I achieved an 18U Gold ASA/USA National Championship with the Katy Cruisers Gold. Additionally, I was honored as the 2000 Big 12 Freshman of the Year and secured All-American recognition during my first year at the University of Texas. This was due to leading the Big 12 in conference batting average (.519), and setting various UT single-season records such as batting average (.421) and hits (83).

The next season was cut short in March 2001 when I broke my left humerus sliding headfirst into the catcher while scoring the go-ahead run at the plate against #1 ranked Arizona. I'd also just been invited to tryout for the USA National Team one week earlier.

2000 ASA/USA ALL-AMERICANS



The option for a surgery that would connect my severed bone back together with a 6" metal plate and 6 screws made it possible for me to rehab and get released a few days before tryouts. It was during this time, when I was sidelined to injury, forced to see the game from the dugout, that I began thinking about the bigger picture. It didn't take long to know that I really wanted to be a coach. I wanted to share everything I knew and everything I could see that could possibly help our team win.

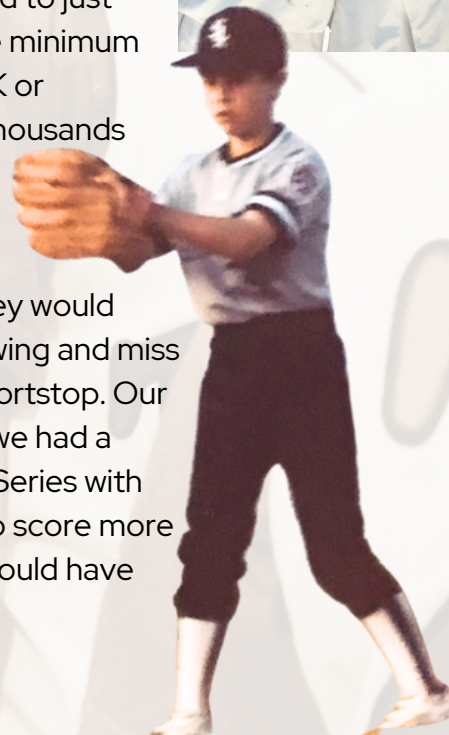
For the first time in my career, I couldn't do anything to physically help my team win ball games and my coach knew I needed something to keep me involved. She put me in charge of certain aspects of the game and shared information with our coaches and our offense. My favorite thing to do was try to pick pitches. I'd watch the pitcher's moves and look for key giveaways or nods to certain pitches, or pitch locations. I would share information with our hitters and we would aim to capitalize early in the count and steal bases when we knew a change up was coming.

I loved the coaching side of the game so much, I started my own business giving hitting lessons to local youth softball and baseball players at the start of the following school year (Fall of 2001). I've been giving hitting lessons consistently ever since.

My journey with the USA Team began in May of 2001, thirteen weeks after I broke my arm. I battled through the week-long tryouts and was ecstatic to make the USA Red Team, and to be competing side-by-side with my former Cruiser's and future Longhorn teammate, Cat Osterman. Cat would join the Longhorn team the following season, entering Division 1 softball with a summer stifling the best teams in the world with Team USA, and back-to-back USA/ASA National Championships and All-American honors under her belt. You can bet your house on the assumption that she was the reason we were one of the most respected teams in the country.

We soon became the team with a target on our back; not just because we were the Longhorns and everyone wants to beat the Longhorns, but because we had softball's most feared pitcher on the mound, and as much as they wanted to just get on base or even touch the ball against her, their focus to do the bare minimum would leave most hitters walking back to the dugout supplying another K or backwards K to the strikeout column. As a second baseman, I watched thousands of batters wave at her pitches and was more than ready to knock down any ball cut in my direction.

I watched batter after batter wait to read her pitch before deciding if they would swing, mostly hoping to lay off the drop ball that would cause them to swing and miss or hit ground balls back up the middle to me at second base or to our shortstop. Our defense was pretty solid so if we could find a way to score a run or two, we had a great chance of winning. I have a feeling if we replayed the 2003 World Series with our entire team using Green Zone Hitting, we would have been aiming to score more like five to ten runs a game and our odds of winning the championship would have increased.

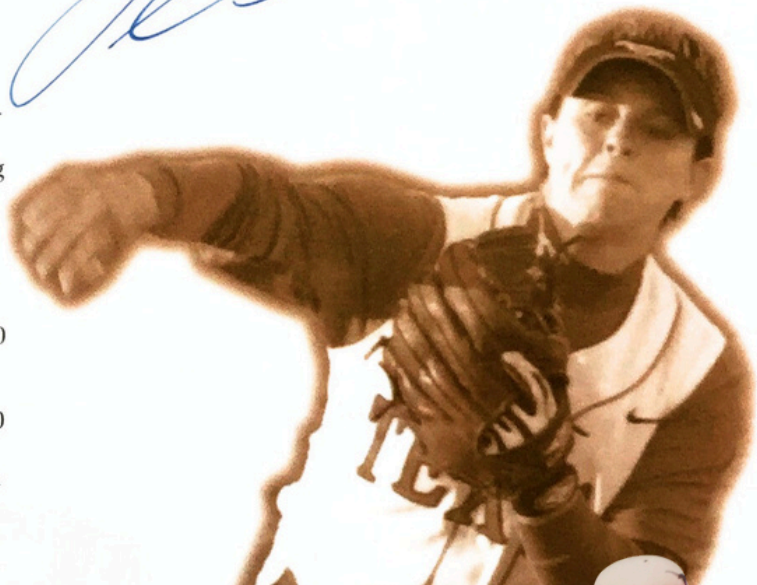


LINDSAY GARDNER

#3 ★ 5-5 ★ Jr.

2B ★ R/R

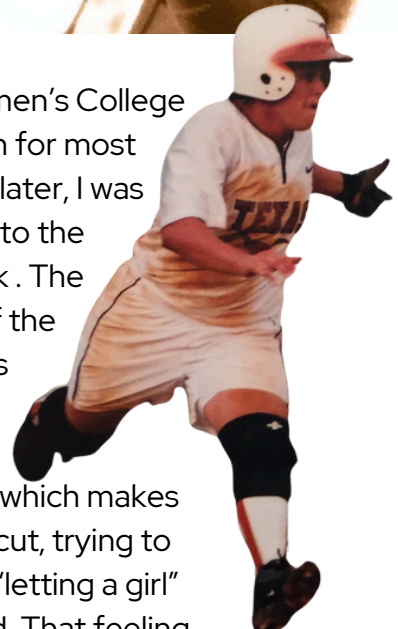
Katy, Texas (Katy)



excellent drag bunter who can also hit for power at the lead-off position ... burst onto the collegiate softball scene by earning 2000 NFCA second-team All-America and first-team All-Midwest Region honors as a freshman ... 2000 Big 12 Conference Freshman of the Year ... first-team All-Big 12 selection and a member of the 2000 Big 12 All-Tournament Team ... set new Texas single-season records in batting average (.421), hits (83) and at bats (197) in 2000 ... holds UT's record for longest hitting streak (16 games) which extended from April 6, 2000 (vs. Baylor) to May 12, 2000 (vs. No. 4 Oklahoma), going 30-for-50 (.600) with 10 RBI and 13 runs scored in that span ... ranks in 11 top 10 career batting categories.

All-America standout who competed for the U.S. National Team in the summer of 2001 ...

I finished my college career back-to-back Big 12 Champs with a trip to the Women's College World Series and a third place finish in 2003, and ranked first, and in the top ten for most single season and career offensive categories for the Longhorns. Seven years later, I was named to the Big 12 All-Decade Team. In September of 2022, I was inducted into the University of Texas Hall of Honor. This was a dream come true, as I used to walk . The halls where the UT Legends' plaques would hang and would acknowledge all of the greats. I would tell Roger Clemens and Spike Owen, "I'll be in here with you guys some day."



The way I approached hitting was commonly referred to as, "hitting like a boy," which makes me laugh nowadays. I was always hiding under my baseball hat with a short haircut, trying to look like one of the boys so I wouldn't have to hear anything about the pitcher "letting a girl" get a hit off of him, or the infamous "you got struck out by a girl" when I pitched. That feeling mostly disappeared when I transitioned into fastpitch softball after a season-ending injury when I was eleven. The next available team to try out for happened to be a fastpitch travel team and my dad suggested we go.

I was reluctant to even tryout for a softball team for fear of having to play with a bunch of *girls*. You see, where I came from, all the girls in my neighborhood and my family wanted to play with dolls. I wanted to play with bats and balls. I wanted to get dirty and compete. I wanted to dive and slide and have dirt and grass stains all over myself. That usually meant I spent much of the day outside with the boys trying to score runs or defend against them. And to me, that was the perfect way to spend my time.



But when I showed up to my first fastpitch tryout, and peeped out on the field to see a bunch of ball players running around, playing catch, warming up with pop flies and grounders, and making solid plays, it didn't matter that they were girls, and I was excited to get out there and play with them.

My instincts around the game flowed naturally from baseball to fastpitch. Everything about the game in softball seemed to move a bit quicker, especially the pitch. Starting from 40' away, the pitcher was closer and I needed to start my load earlier to be able to get my barrel out front before the pitch got too deep on me. The trajectory of the pitch coming from the hip versus the overhand pitch did require some adjustment, but once I found my timing, I figured out how easy it was to slam the ball past the third baseman who played much closer than in baseball. And after I'd slam one past her, she might take a couple steps back the next at-bat, which always invited me to sneak a bunt down the line, beat it out at first and then steal second.



No matter what I planned to do at the plate, the goal was to find a way to score as quickly as I could. If I could get myself to at least second base, I had a great chance of scoring on the next play. The biggest difference from myself and the players I stood out against was what I was aiming to do before I stepped up to the plate. By expecting to score, I aimed to hit the ball to a spot on the field where I knew I could hit it with the most power to get me the most bases, and I worked backwards from that spot to tell me when to begin and how to attack whatever pitch was coming towards me.

This approach is very different from approaching your at-bat to hit the ball hard. While working to achieve hard contact is a step above just trying to hit the ball, it barely compares to the level of picking a landing spot that would require you to hit the ball hard and going for that spot like nothing else mattered. The early side landing spot you are aiming for is the swing direction you need to be committed to if you want to hit the ball to the gaps on both sides of the field.

There is a certain force that comes with swinging with intention to pull the ball that you'll need to learn how to visualize, prepare, manipulate and balance before you can truly attack and compete like a Green Zone Hitter. This hyper focused swing will help you hit the pitch sooner with more precision and power if you follow and practice the steps in my course to Becoming A Green Zone Hitter.

Be certain that every swing you've ever learned, every way you've ever been taught how to hit a ball will serve you in your journey in Green Zone Hitting. The three things you will continue to improve upon as you get out there and compete: visualizing your attack - understanding how far you can reach when you rotate like a Green Zone Hitter, committing to your Green Swing - understanding that the laws of physics will hit the ball to both sides of the field if you maintain a Green Swing direction, and manipulating the pitch with your attack before the pitch manipulates your attack and alters your swing direction to previously understood and commonly practiced contact points.

Becoming A Green Zone Hitter is a course that will provide you everything you need to improve your offense. It doesn't matter which way you've been taught how to hit before, or if you are hitting for the first time, this color-coded approach is guaranteed to elevate your offensive production in all the categories that help you score more runs for your team faster.

The value of this course is immeasurable due to its ability to help you become one of the greatest hitters in the nation at every level you play! It is your focus, drive and dedication to becoming a master at hitting certain targets, and knowing how and when to adjust your aim that will increase your success and will truly make you fall in love with the game.

Please understand there are levels to how great you can truly be. Mastering Green Zone Hitting will take years, just like anything worth mastering. Regardless of how long it takes you to turn your swing Green, your intention and effort will improve your results immediately. The longer you practice and approach your at-bats as a Green Zone Hitter, the more confident you will become with your attack and precise you will become with your aim and quicker you will learn and adjust game to game, then at-bat-to-at-bat and eventually when you elevate to your highest level of Green Zone understanding, you will be able to adjust from pitch-to-pitch whether you swing at the pitch you receive or not. Your understanding of your timing and control of your body will prepare for the best pitching the game has to offer.

Please enjoy the Green Zone Hitter's Equipment List filled with all the necessary and suggested tools that will help you become the greatest hitter you can be. I've also included some optional equipment that is useful or extremely fun to play with. I will be contacting you soon with the first course section offer: Learning your Greenest Swing. This course is a prerequisite to unlock your ability to succeed in the rest of the course on Becoming a Green Zone Hitter.



Let's go Green Zone!