

# ***Closter Recreation Commission***

*Po Box 143, Closter NJ 07624*

*Jim Oettinger Director*

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## **Jenn Barnes Palko**

Pitching Instructor | Former NCAA DII Pitcher

### **Playing Career**

#### **Saddle Brook High School**

- Player of the Year & Athlete of the Week
- 1st Team All-State & County Honors
- 3x State Champion | 3x League Champion
- Broke SBHS Winning Record

#### **Felician University (NCAA Division II)**

- Pitcher
- All-Conference Team (Junior & Senior Year)

### **Coaching & Instruction**

- Pitching Instructor for 20+ years
- Provided pitching lessons throughout college and post-graduation
- Coached many of Bergen County's top pitchers since 2003
- Numerous students have gone on to play at the collegiate level

### **Coaching Philosophy**

- Focus on building a strong and solid foundation of mechanics and sequencing before developing speed
- Emphasize consistency, discipline, and at-home drills to create muscle memory
- Internal rotation style pitching helps generate speed starting with the lower half
- Encourage players to take ownership of their training and development