

Clinic Sessions  
Presented By:



## Official Program & Clinic Speaker Outlines

Gaylord Opryland Resort & Convention Center  
January 5-8, 2023 • Nashville, Tennessee

AMERICAN BASEBALL COACHES ASSOCIATION

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# Program & Clinic Outlines

## 79th ABCA CONVENTION

### January 5-8, 2023

## Clinic Outline Directory

**Pg. Speaker(s)**

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- 41 Mike Glavine, Northeastern University
- 43 Dr. Scott Brooks, Arizona State University
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- 47 Tom Griffin, Carson-Newman University

### Saturday Clinic Speakers

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- 61 Dave Turgeon, IMG Academy
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- 67 Greg Mamula, University of Delaware

### Sunday Clinic Speakers

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- 78 Rachel Balkovec, New York Yankees
- 79 Jeff Petty, Canes Baseball
- 80 Nate Trosky, Trosky Baseball
- 81 Hannah Huesman, Texas Rangers
- 82 Dr. Erik Korem, AIM7
- 83 Zach Casto, University of Charleston
- 84 Bill Decker, Harvard University
- 85 Chris Hawkins, Normal West High School (IL)
- 86 Jason Mills, D.H. Conley High School (NC)
- 87 Chris Romano, MiLB Strength Coach

**Don't miss the ABCA Coaches Social! It's Friday from 4:30-6:00 p.m. among the exhibits in the ABCA Trade Show!**



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# 2023 Convention Schedule

Events are in the Gaylord Opryland Resort & Convention Center.

## Thursday, January 5, 2023

10:00 a.m. – 7:00 p.m.	Member Check In <i>presented by Traveling Teams</i>	Delta Lobby
1:00 p.m. – 6:00 p.m.	Committee Meetings ( <i>check pg. 7 for meeting schedule</i> )	Delta Section
1:00 p.m. – 6:00 p.m.	ABCA Trade Show	Ryman Hall
1:10 p.m. – 6:00 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Ryman Hall
6:30 p.m. – 9:00 p.m.	Coaches' Divisional Meetings ( <i>check pg. 7 for meeting schedule</i> )	Delta Section
9:00 p.m. – 10:30 p.m.	Fellowship of Christian Athletes Coaches Huddle	Governor's Chamber D
9:00 p.m. – 11:00 p.m.	Rookie Coaches Mentorship <i>presented by The Marines</i>	Governor's Ballroom South

## Friday, January 6, 2023

7:00 a.m. – 4:30 p.m.	Member Check In <i>presented by Traveling Teams</i>	Delta Lobby
8:30 a.m. – 4:00 p.m.	Clinics <i>presented by Wilson/ATEC</i>	Delta Ballroom
9:30 a.m. – 11:00 a.m.	Spouses Breakfast	Presidential Ballroom C
9:30 a.m. – 4:00 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	Presidential Ballroom B
9:40 a.m. – 4:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Delta Lobby A
10:00 a.m. – 3:00 p.m.	ABCA Trade Show	Ryman Hall
10:10 a.m. – 4:30 p.m.	Youth Session Q&A <i>presented by PBR Tournament Facilities</i>	Presidential Chamber A
10:10 a.m. – 6:00 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Ryman Hall
4:30 p.m. – 6:00 p.m.	ABCA Coaches Social in the Trade Show	Ryman Hall
6:30 p.m. – 9:30 p.m.	Hall of Fame Banquet <i>presented by C&amp;H Baseball</i>	Presidential Ballroom C
9:00 p.m. – 10:30 p.m.	Fellowship of Christian Athletes Coaches Huddle	Governor's Chamber D
9:00 p.m. – 10:45 p.m.	Outfield Hot Stove Panel Discussion	Governor's Ballroom North
9:00 p.m. – 10:45 p.m.	Pitching Hot Stove Panel Discussion	Governor's Ballroom South

## Saturday, January 7, 2023

7:00 a.m. – 2:00 p.m.	Member Registration & Check In <i>presented by Traveling Teams</i>	Delta Lobby
7:00 a.m. – 8:30 a.m.	Fellowship of Christian Athletes Breakfast	Presidential Ballroom D
8:30 a.m. – 4:40 p.m.	Clinics <i>presented by Wilson/ATEC</i>	Delta Ballroom
9:00 a.m. – 2:00 p.m.	ABCA Trade Show	Ryman Hall
9:10 a.m. – 2:00 p.m.	Expo Theater Presentations	Ryman Hall
9:10 a.m. – 4:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Delta Lobby A
9:30 a.m. – 12:30 p.m.	Diversity in Baseball Committee Workshops	Presidential Ballroom C
9:30 a.m. – 3:10 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	Presidential Ballroom B
10:10 a.m. – 3:40 p.m.	Youth Session Q&A <i>presented by PBR Tournament Facilities</i>	Presidential Chamber A
5:00 p.m. – 6:45 p.m.	Culture & Leadership Hot Stove Panel Discussion	Governor's Ballroom North
5:00 p.m. – 6:45 p.m.	Strength & Conditioning Hot Stove Panel Discussion	Governor's Ballroom South
5:30 p.m. – 6:15 p.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches &amp; Athletes</i>	Bayou E
7:00 p.m. – 8:45 p.m.	Catching Hot Stove Panel Discussion	Governor's Ballroom North
7:00 p.m. – 8:45 p.m.	Baserunning Hot Stove Panel Discussion	Governor's Ballroom South
9:00 p.m. – 10:45 p.m.	Hitting Hot Stove Panel Discussion	Governor's Ballroom North
9:00 p.m. – 10:45 p.m.	Infield Hot Stove Panel Discussion	Governor's Ballroom South

## Sunday, January 8, 2023

7:30 a.m. – 8:15 a.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches &amp; Athletes</i>	Bayou E
8:30 a.m. – 11:10 a.m.	Clinics <i>presented by Wilson/ATEC</i>	Delta Ballroom
9:10 a.m. – 11:40 a.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Delta Lobby A



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# ABCA CLINIC SCHEDULE

Clinics presented by Wilson/A TEC



## Friday, January 6, 2023

- 8:30 a.m. **Introduction, Awards Presentation & Leadoff Mike Bianco, University of Mississippi**  
Enjoy the Ride – The Good and Bad
- 9:40 a.m. **Steve Trimper, Stetson University**  
“Practice? We’re talking about Practice???” High Impact IF and OF Drills that Get Your Team Ready to Compete Through Game-Like Situations
- 10:20 a.m. **Dr. Keith Smithson, Washington Nationals**  
Maximizing Visual Performance for Baseball: Techniques and Technologies to Assess, Train and Enhance Vision from Youth to the Pros
- 11:00 a.m. **Chuck Ristano, Florida State University**  
360 Degrees of Pitching Development: From Evaluation to Execution
- 11:40 a.m. **Lunch Break** – Concessions are in the Trade Show!
- 12:40 p.m. **Laz Gutierrez, Nova Southeastern University**  
Mental Skills at Play
- 1:20 p.m. **Mike Glavine, Northeastern University**  
Northeast Made: Practice Planning & Structure the Northeastern Way
- 2:00 p.m. **Dr. Scott Brooks, Arizona State University**  
How to Bake Diversity, Equity and Inclusion into Your Program
- 2:40 p.m. **Peter Fatse, Boston Red Sox**  
E+I=C, Building Blocks for Developing an Impactful Offense
- 3:20 p.m. **Tom Griffin, Carson-Newman University**  
How to Develop Your Catcher to be the Ultimate Game Coordinator
- 4:30 p.m. **ABCA Coaches Social (Exhibit Hall)**
- 6:30 p.m. **ABCA Hall of Fame Banquet**

## Saturday, January 7, 2023

- 8:30 a.m. **Matt Blake, New York Yankees**  
How to Develop Pitchers Using an Objective Framework
- 9:10 a.m. **Sam Cila, The Program**  
“Take My Hand” – No Excuses and Taking 100% Responsibility
- 9:50 a.m. **Coffee Break**

## Saturday, January 7 (continued)

- 10:20 a.m. **Tim Leper, San Francisco Giants**  
Time and Space: Winning Baserunning, Leads, Secondary Leads and Timing
- 11:00 a.m. **Michael Earley, Texas A&M University**  
Body Control and Direction: Building Adjustable, Efficient Hitters
- 11:40 a.m. **Lunch Break** – Concessions are in the Trade Show!
- 12:40 p.m. **Adam Moseley, Hoover High School (AL)**  
Competitive DNA: Developing a Winning Pitching Program
- 1:20 p.m. **Jordan Bichel, Central Michigan University**  
Northern Baseball – Preparing Indoors for an Outdoor Sport
- 2:00 p.m. **Dave Turgeon, IMG Academy**  
Training the Minds and Skills of Our Players
- 2:40 p.m. **Elton Pollock, Presbyterian College**  
Lingo Matters: Developing Independent Hitters Who Can Adjust
- 3:20 p.m. **Nathan Hemphill, PSP<sup>3</sup>**  
No Strength Coach, No Problem: An Approach to Strength & Conditioning for Your Baseball Athletes
- 4:00 p.m. **Greg Mamula, University of Delaware**  
Developing Our Offensive Identity Through BP

## Sunday, January 8, 2023

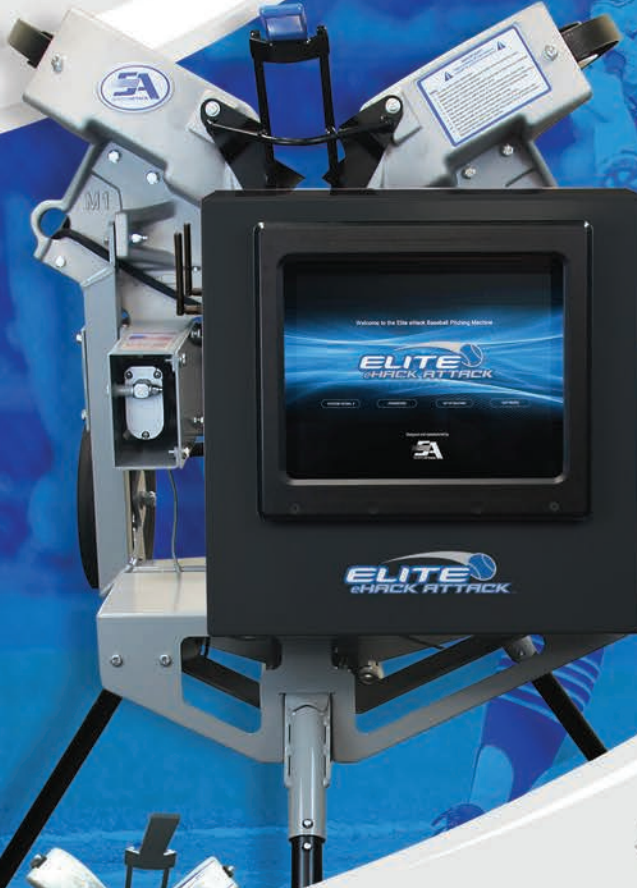
- 8:30 a.m. **Derek Woodley, Defiance College**  
Developing Habits Through Catching Drill Progressions
- 9:10 a.m. **Jim Chester, Gardner-Webb University**  
Developing an Elite First Baseman: Skills and Drills for a Neglected Position
- 9:50 a.m. **Butch Chaffin, Cookeville High School (TN)**  
Hitting: Using Verbal Cues to Fix Flaws
- 10:30 a.m. **Dan Skirka, Murray State University**  
Racer Infield Drills and Competitions

## Post-Clinic Q&A Sessions

Following each presentation, a Question & Answer Session will be held in the Delta Ballroom side lobby (Delta Lobby A). You may exit out the doors on the right side of the Clinic Hall.



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# 2023 Convention Meeting Schedule

Events are in the Gaylord Opryland Resort & Convention Center.

## Thursday, January 5, 2023

Time	Committee/Group	Room
8:00 a.m.	NAIA-BCA Raters/Chairs Breakfast	Ryman Studio N
10:30 a.m.	NAIA-BCA Past Presidents	Ryman Studio M
11:00 a.m.	NJCAA Hall of Fame Committee	Delta Island D
11:00 a.m.	ABCA Hall of Fame Veterans Committee	Canal D
12:00 p.m.	NJCAA Executive Committee	Presidential Boardroom B
1:00 p.m.	ABCA Ethics Award Committee	Governor's Chamber C
1:00 p.m.	NAIA Rules	Ryman Ballroom D
2:00 p.m.	ABCA Lefty Gomez Award Committee	Governor's Chamber B
2:00 p.m.	ABCA Umpire Relations Committee	Governor's Chamber A
2:00 p.m.	ABCA Hall of Fame Committee	Canal D
2:00 p.m.	ABCA Travel Baseball Committee	Canal E
2:30 p.m.	NAIA Tournament Procedures	Ryman Ballroom C
2:30 p.m.	ABCA High School All-America & Divisional Chairs	Delta Island E
2:30 p.m.	ABCA College Playing Rules Committee	Governor's Chamber D
3:30 p.m.	ABCA Editorial Committee	Delta Island F
4:00 p.m.	NAIA Business Caucus	Ryman Ballroom A
4:30 p.m.	ABCA High School Playing Rules Committee	Governor's Chamber C
4:00 p.m.	ABCA Youth Baseball Committee	Canal E
5:15 p.m.	NAIA Conference Meetings	Ryman Ballroom & Studios

### Divisional Coaches Meetings

6:30 p.m.	ABCA NCAA Div. I, II & III Rules Meeting	Presidential Ballroom AB
6:30 p.m.	ABCA NJCAA Coaches Meeting	Bayou AB
6:30 p.m.	ABCA NAIA Coaches Meeting	Bayou CD
6:30 p.m.	ABCA Pacific Association Division Coaches Meeting	Bayou E
6:30 p.m.	ABCA High School Coaches Meeting <i>Presented by Shaw Sports Turf</i>	Governor's Ballroom North
6:30 p.m.	ABCA Travel & Youth Baseball Coaches Meeting <i>Presented by Team.Shop</i>	Governor's Ballroom South
6:30 p.m.	International Coaches Meeting	Governor's Chamber E
7:15 p.m.	ABCA NCAA Div. I Coaches Meeting	Presidential Ballroom B
7:15 p.m.	ABCA NCAA Div. II Coaches Meeting	Presidential Ballroom C
7:15 p.m.	ABCA NCAA Div. III Coaches Meeting	Presidential Ballroom D
9:00 p.m.	Rookie Coaches Mentorship Panel <i>Presented by The Marines</i>	Governor's Ballroom South

## Friday, January 6, 2023

Time	Committee/Group	Room
11:30 a.m.	NAIA-BCA Awards Recognition Luncheon	Washington B
2:30 p.m.	ABCA Research Committee	Presidential Boardroom B
6:30 p.m.	Hall of Fame Banquet <i>Presented by C&amp;H Baseball</i>	Presidential Ballroom C
9:00 p.m.	Outfield Hot Stove Panel Discussion	Governor's Ballroom North
9:00 p.m.	Pitching Hot Stove Panel Discussion	Governor's Ballroom South

## Saturday, January 7, 2023

Time	Committee/Group	Room
8:00 a.m.	ABCA Diversity in Baseball Committee	Presidential Ballroom C
9:30 a.m.	Diversity in Baseball Committee Workshops	Presidential Ballroom C
5:00 p.m.	Culture & Leadership Hot Stove Panel Discussion	Governor's Ballroom North
5:00 p.m.	Strength & Conditioning Hot Stove Panel Discussion	Governor's Ballroom South
7:00 p.m.	Catching Hot Stove Panel Discussion	Governor's Ballroom North
7:00 p.m.	Baserunning Hot Stove Panel Discussion	Governor's Ballroom South
9:00 p.m.	Hitting Hot Stove Panel Discussion	Governor's Ballroom North
9:00 p.m.	Infield Hot Stove Panel Discussion	Governor's Ballroom South

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# Expo Theater Presentation Schedule

Expo Theater presented by Hour-A-Thon

GAYLORD OPRYLAND // ABCA TRADE SHOW // RYMAN EXHIBIT HALL

## Thursday, January 5, 2023

### ARMCARE.COM

1:55 p.m. - 2:35 p.m.

*Building Bulletproof Arms: An Introduction to Advanced Programming at the Intersection of Biomechanics, Dynamometry, and the Force-Velocity Curve*  
Ryan Crotin, Ph.D., CSCS, RSCC

### TOM HOUSE SPORTS

2:40 p.m. - 3:20 p.m.

*Develop Pain-Free Performance Programs and Monitor Athlete Development with an Affordable, Handheld Motion Analysis and Coaching Platform.*

Tom House, President/Founder of the National Pitching Association, Co-founder of Mustard; Robert Ambrose, VP of Tom House Sports; Dean Doxakis, VP of Tom House Sports; Rocky Collis, CEO/Co-founder of Mustard; Luke Collis, COO/Co-founder of Mustard; Lindsay Berra, Mustard; Justin Courtney, NY Mets MiLB

### GIPPER

3:25 p.m. - 4:05 p.m.

*How to Get the Most Out of Social Media*

Bryan Amos, Director of Sales and Customer Success

### SMARTMITT

4:10 p.m. - 4:50 p.m.

*Effective Velocity Pitch Deception from the RHB & LHB Hitter's View*  
Perry Husband, Author of the Downright Filthy Pitching Series, including Implementing Effective Velocity

## Friday, January 6, 2023

### KINETICPRO

10:10 a.m. - 10:50 a.m.

*An Inside Look at Pitching's Next Frontier. (Kinnect by KineticPro)*  
Casey Mulholland, KineticPro Founder/Lead Developer; Jimmy Buffi, Reboot Motion; George Sun, Nextile CEO; Steve Merriman, KineticPro

### EVENTCONNECT

10:55 a.m. - 11:35 a.m.

*Analyzing Industry Trends & the Future of Group Sport Travel*  
John D'Orsay, CEO/CTO EventConnect

### RAPSODO

11:40 a.m. - 12:20 p.m.

*Baseball's New Statistic: An Introduction to Seam Orientation with Rapsodo*

John Garrett, Rapsodo Analytics Engineer; Brian Page, Rapsodo Key Accounts & MLB Relations

### NEXT COLLEGE STUDENT ATHLETE

12:25 p.m. - 1:05 p.m.

*The College Coach Recruiting Panel*  
Moderated by Nelson Gord

## Friday, January 6, 2023 (continued)

### GAMECHANGER

1:10 p.m. - 1:50 p.m.

*GameChanger: Cover Every Athlete Like a Pro*  
Alex Trezza, GameChanger Baseball Market Manager

### POCKET RADAR

1:55 p.m. - 2:35 p.m.

*Connecting In-Game and Practice Data for Recruiting and Development*  
Coaching and Technology Panel Moderated by Pocket Radar

### ATEC/WILSON SPORTING GOODS

4:35 p.m. - 5:15 p.m.

*Elevated Training with the M3X 2.0*  
Link Jarrett, Florida State University Head Coach

### DRIVELINE BASEBALL

5:20 p.m. - 6:00 p.m.

*Driveline Baseball: Data Driven Results*  
Kyle Boddy and Driveline Staff

## Saturday, January 7, 2023

### KINETIC PERFORMANCE INSTITUTE

9:55 a.m. - 10:35 a.m.

*The KPI Assessment Menu: Providing Individualized Player Assessments on Any Budget*  
Erik Wagle, KPI President; Dan Cabuling, KPI Director of Strength & Conditioning; Chase Spivey, KPI Director of Hitting; Justin Sanders, KPI Director of Pitching; Jon Moscot, Blast Motion; Ryan Crotin, Armcare.com; Gary Russo, Uplift

### BASEBALLCLOUD

10:40 a.m. - 11:20 a.m.

*Seeing the Future: Baseball's Multimedia Ecosystem powered by Optical Technology*  
Dinn Mann, Former VP MLBAM/Founder of Goatnet; Jonny Gomes, two-time World Series Champion; David Brady, Founder of Aqueti; Kevin Davidson, CEO of BaseballCloud; Ryan Reinsel, VP of Innovation BaseballCloud

### PITCHCOM

11:25 a.m. - 12:05 p.m.

*PitchCom's Sign Stealing Solutions: Not Just for MLB*  
Craig Filicetti and John Hankins, Inventors and Owners of PitchCom

### C25 TRAINING PRODUCTS

12:10 p.m. - 12:50 p.m.

*Redefining the Way Catchers Train*  
Charles Galiano, C25 Training Products; Charlie Green Jr., Milwaukee Brewers



# ABCA TRADE SHOW EXHIBITOR GUIDE

## EXHIBITOR HOURS

Thursday, Jan. 5	1:00 p.m. - 6:00 p.m.
Friday, Jan. 6	10:00 a.m. - 3:00 p.m.
ABCA Coaches Social	4:30 p.m. - 6:00 p.m.
Saturday, Jan. 7	9:00 a.m. - 2:00 p.m.

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Brett Markwort  
brett@markwort.com  
www.markwort.com

**Marshall-Browning Intl. Corp. - #178**

Hilton Head Island, SC 29926  
843-715-8166  
Don Schoder  
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www.robictimers.com

**Marucci Sports - #663**

Baton Rouge, LA 70809  
225-291-2552  
Justin Cryer  
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www.maruccisports.com

**MARV Training - #68**

Cleveland, TN 37312  
423-716-0646  
Caleb Longley  
caleb@marvtraining.com  
www.marvtraining.com

**Master Pitching Machine, Inc. - #145**

Kansas City, MO 64117  
816-452-0228  
Patrick Corley  
info@masterpitch.com  
www.masterpitch.com

**Mastermind Cognitive Sports Training - #838**

Naperville, IL 60563  
331-588-1385  
Dominick Fedele  
dfedele@brainbalancecenters.com  
www.mastermindsports.com

**Memphis Net & Twine Co., Inc - #280**

Memphis, TN 38108  
901-458-2656  
Albert Carruthers  
acarruthers@memphisnet.net  
www.memphisnet.net

**Midstream Lighting, Inc - #467**

Dayton, OH 45402  
515-322-9292  
Gail McNulty  
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www.midstreamlighting.com

**Mine Baseball - #648**

Colleyville, TX 76034  
817-437-0944  
Pete O'Brien  
bats@minebaseball.com  
www.minebaseball.com

**Missouri River Resources - #765**

New Town, ND 58763  
701-627-3058  
Darwin Williams  
ddwilliams@missouririverresources.com  
www.missouririverresources.com

**Mizuno USA - #509**

Peachtree Corners, GA 30071  
678-592-2727  
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clint.sammons@mizunousa.com  
www.mizunousa.com

**Mound Power, LLC - #2615**

Papillion, NE 68046  
402-590-5582  
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**Mr.EURO Manufacturing Company - #2825**

Sialkot, Punjab, Pakistan  
0092 300 871 0171  
Aneel Sarfraz  
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www.mreuro.biz

**NABF - #2709**

Brandon, MS 39047  
769-251-5158  
Derek Topik  
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www.nabf.com

**National Baseball Congress - #323**

Wichita, KS 67202  
316-265-6236  
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**National Pitching/Mustard - #168**  
Houston, TX 77265  
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www.nationalpitching.com

**NCSA College Recruiting - #126**  
Chicago, IL 60642  
312-638-4843  
Nelson Gord  
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www.ncsasports.org/baseball



**Net Connection - #769**  
Trussville, AL 35173  
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www.netconnectionllc.com

**Netting Professionals, LLC - #418**  
Fernandina Beach, FL 32035  
844-620-2707  
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www.nettingpros.com



**Niza Sports Inc. - #80**  
Woodbridge, VA 22192  
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www.nizasportsusa.com

**No Errors Sports, LLC - #262**  
Chandler, AZ 85248  
480-226-7254  
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www.no-errors.com

**Northeastern Promotions - #2609**  
Lynnfield, MA 01940  
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Nasim Akhter  
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**Novus Clothing Company, Inc. - #2840**  
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**Oates Specialties LLC - #155**  
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**OC Sports - #381**  
Bentonville, AR 72712  
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team.outdoorcap.com

**Ohio Valley Summer Collegiate Baseball League - #386**  
Hopkinsville, KY 42240  
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**Old Hickory Bat Company - #118**  
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**On Deck Sports - #924, 925**  
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**OnBase University - #160**  
Rolling Hills, CA 90274  
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Don Slaught  
don@rightviewpro.com  
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**OnForm, Inc. - #133**  
Bellvue, CO 80512  
720-432-1877  
Gear Fisher  
gear@getonform.com  
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**OnlineDonations - #2917**  
Charleston, SC 29412  
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**Own The Zone Sports - #2901**  
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**Pac-Hub - #863**  
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**PBPro...The Proven Brand - #2822**  
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**Perfect Game and PG Tech - #649**  
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Austin Steins  
austin@perfectgame.org  
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**Perfect Stance Hitting Mat - #2728**  
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**Perfect Swings USA - #2727**  
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**Phoenix Bats - #2716**  
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www.phoenixbats.com

**PitchCom Sports - #541**  
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**Pitching Pal - #487**  
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**pitchLogic by F5 Sports, Inc - #881**  
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www.pitchlogic.com

**Pivot Point Grips - #69**  
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785-221-9192  
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www.pivotpointgrips.com

**Play 9 - #349**  
Branchburg, NJ 08876  
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henry@shopplay9.com  
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**Play'n Sports - #549**  
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**Play9 Sports - #2504**  
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**Playbook365 - #640**  
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**Playfinitly - #3100**  
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**Pocket Radar, Inc. - #217**  
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**Porta Phone Co., Inc - #3001**  
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**Portolite Pitching Mounds/Batco - #622**  
Pueblo, CO 81006  
678-205-9224  
Arnald Swift  
batcocage@gmail.com  
www.bat-co.com

**Power Baseball - #2726**  
Palm Springs, CA 92262  
760-778-4487  
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astarke@pspbbaseball.com  
www.palmspringscollegiateleague.com

**Premier Pitching & Performance - #2830**  
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314-348-6033  
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**Prep Baseball Report - #134**  
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708-387-0500  
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www.prepbaserballreport.com

**PrepBaseballRankings.com - #182**  
Carmel, IN 46032  
317-918-1633  
Troy Patton  
info@prepbaserballrankings.com  
www.prepbaserballrankings.com

**PBR Tournament Facilities - #436**  
Westfield, IN 46074  
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www.proxathlete.com

**ProCom Headsets - #62**  
Lower Burrell, PA 15068  
724-337-1400  
Chris Fabry  
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www.procomheadsets.com

**ProNine Sports - #642**  
Solon, OH 44139  
440-349-3500  
Brad Emerman  
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**Prospect Select Baseball Inc. - #871**  
Homestead, FL 33035  
305-793-5613  
Aaron Braithwaite  
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www.ps-baseball.com

**Prosway Batting Gloves - #2508**  
Humble, TX 77346  
713-584-5786  
Jake Simmons  
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www.proswaygloves.com

**Protime Sports Inc - #860**  
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**Proud to be in Baseball (501c3) - #2833**  
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**ProVelocity Bat - #849**  
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www.provelocitybat.com

**PYT Sports Inc - #884**  
Evergreen Park, IL 60805  
708-634-2099  
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**Qualisys - #675**  
Buffalo Grove, IL 60089  
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**Qubit, LLC - #2719**  
Plano, TX 75025  
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www.qubitdevices.com

**Raised Decals, LLC - #2704**  
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Joseph Walter  
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**Rapid Tech - #54**  
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216-785-7980  
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www.rapidtechsoftware.com

**Realplay Sports - #2723**  
Needham, MA 02494  
617-213-6977  
Justin Real  
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www.realplay.us

**Rapsodo, Inc. - #400, 401**  
Chesterfield, MO 63017  
844-772-7763  
Ryan Allee  
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www.rapsodo.com

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**Rawlings Sporting Goods / Easton - #601**  
St. Louis, MO 63141  
314-819-2800  
Katie Kruse  
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www.rawlings.com



**Red Athlete - #2829**  
Brookfield, WI 53045  
307-249-8733  
Jason Strebeg  
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www.redathlete.com

**Red Roof - #2605**  
New Albany, OH 43054  
614-359-7167  
Jim Greenhalge  
jgreenhalge@redroof.com  
www.redroof.com

**Revolution Throwing - #2922**  
Fort Myers, FL 33912  
321-234-4717  
Virgil Vasquez  
revolutionthrowing@gmail.com  
www.revolutionthrowing.com

**Richardson Athletics, LLC - #174**  
Richland, MS 39218  
601-420-8488  
Brian Richardson  
info@richardsonathletics.com  
www.richardsonathletics.com

**Rip Grip Pro - #580**  
Metairie, LA 70001  
210-309-0899  
Tres Sullivan  
tresullivan@ripgripro.com  
www.ripgripro.com

**Ripken Baseball - #680**  
Aberdeen, MD 21001  
410-306-7575  
Jon Rowland  
jrowland@ripkenbaseball.com  
www.ripkenbaseball.com

**Rixstine Recognition - #743**  
Lincoln, NE 68510  
402-476-3810  
Tim Hoffman  
tim@rixstine.com  
www.homerunawards.com

**Rocker B Ranch - #987**  
Graford, TX 76449  
682-249-0443  
Bart Byrd  
bart@rockerb.com  
www.rockerb.com

**Rogers Base Company, LLC - #184**  
Wake Forest, NC 27587  
408-499-5588  
Brian Hall  
bhall@blueskymg.com  
www.rogersbreakawaybase.com

**Saadat Sports - #283**  
Sialkot, Punjab, Pakistan  
3348090116  
Saadat Ali  
sales@saadatsports.com  
www.saadatsports.com

**SABRE Bats - #2608**  
Laurel, MS 39440  
601-498-2079  
derek richards  
spikesathletics@gmail.com  
www.sabrebats.com

**SanMar Sports - #248**  
Issaquah, WA 98029  
206-727-3200  
gameday@sanmar.com  
www.whatdoyouwearongameday.com

**Sarna Baseball - #2705**  
Crystal Lake, IL 60014  
847-638-0484  
John Sarna  
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www.sarnabaseball.com

**Score International - #825**  
Chattanooga, TN 37412  
423-894-7111  
Trey Bailey  
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**SCORE Sports - #2805**  
Wilmington, CA 90744  
310-830-6161  
Anne Hernandez  
anne@scoresports.com  
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**ScoutUS Pro - #2714**  
Sherman Oaks, CA 91403  
818-669-3111  
Alex Nehorayan  
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**SensorEdge - #916**  
 Parsippany, NJ 07054  
 973-975-4163  
 Kirill Gurevich  
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**SEQNZR - #2831**  
 Bothell, WA 98021  
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 Brian McAfee  
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**Sevwins Inc. - #767**  
 Loomis, CA 95650  
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 Matt French  
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 www.sevwins.com

**Shaw Sports Turf - #859**  
 Calhoun, GA 30701  
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 Candice Hall  
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**Shoeless Joe, LLC - #751**  
 Hays, KS 67601  
 785-625-4568  
 Steve Arensdorf  
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 www.shoelessjoegloves.com

**Shot Collar, LLC - #2606**  
 Roswell, GA 30075  
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**SingleScore - #383**  
 Atlanta, GA 30319  
 404-626-0790  
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**SiteOne Landscape Supply - #2631**  
 Roswell, GA 30076  
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 Troy Smith  
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**SkillShark Athlete Evaluations - #952**  
 Saskatoon, SK S7N 3R3 Canada  
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 www.skillshark.com

**SkillShow, Sports Video Specialists - #568**  
 Seattle, WA 98109  
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**SmartMitt, LLC - #3208**  
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**Snap! Mobile - #2713**  
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**South Padre Island Nets/SPI Nets - #856**  
 San Benito, TX 78586  
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**Southern Recognition - #2917**  
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**Speedster Athletics - #58**  
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**Stalker Radar - #234**  
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**Steel Sports - #185**  
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**Swift App Inc - #485**  
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**Swing Catalyst Baseball - #875**  
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**Team Express - #975**  
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**The Marines - #2913**  
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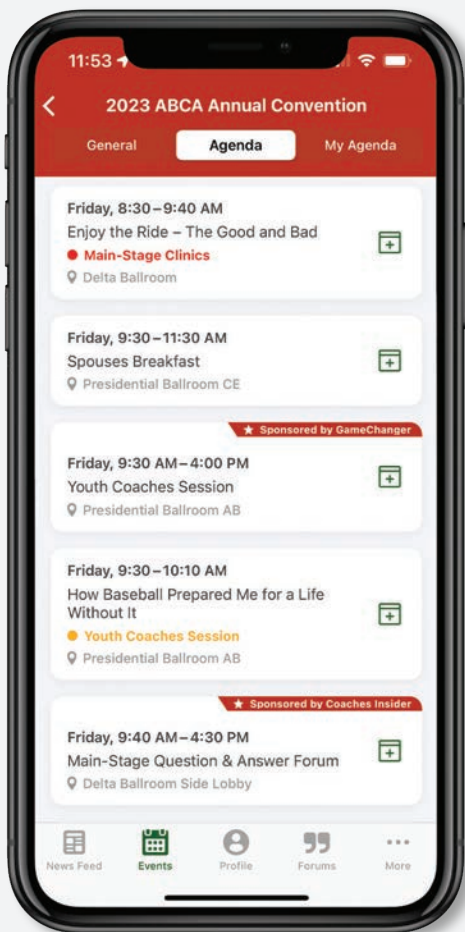
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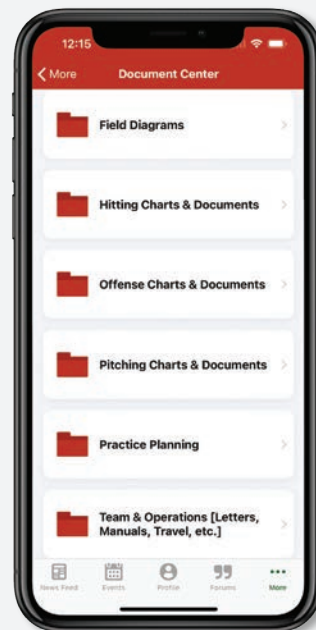
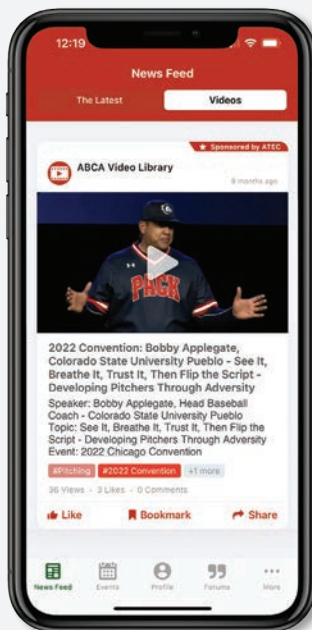
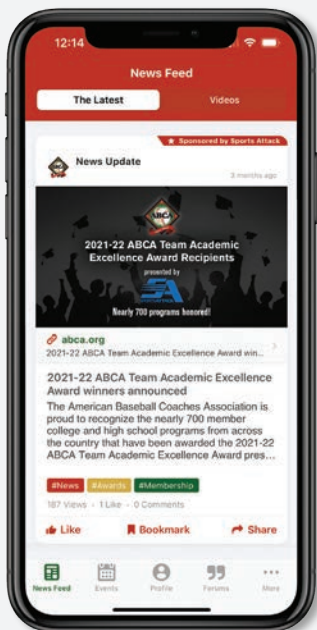
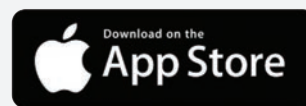


## Download the My ABCA mobile app!

**Search "My ABCA" in the App Store!**

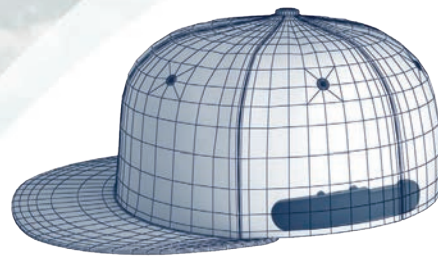
The My ABCA mobile app is a quick source for all the latest ABCA Convention info! The app contains: schedules, meeting times and locations, presentation outlines, customizable calendar, speaker bios, Hot Stove info, social media, ABCA Partner & Exhibitor details, and more!

As a year-round connection, the app includes 500+ clinic videos (free for ABCA members), news, forums, the ABCA Podcast, documents and charts, messaging with other members and access to your ABCA account!





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# ABCA Membership Benefits

*What do you get with your membership beyond attending the annual Convention?*

As a 2022-23 ABCA member, you're one of the over 13,000 coaches that make up the No. 1 baseball coaching association in the World! The ABCA prides itself on providing year-round membership benefits while keeping membership dues the lowest among national sports coaching associations. The benefits of being a member of the American Baseball Coaches Association are continuing to expand well-beyond just attending the annual Convention. We want to make sure that you're getting the most out of your ABCA membership...

- **Priority Convention Registration:** As a 2022-23 ABCA member, you will be able to register for the 2024 Convention and reserve a hotel room, while supply lasts, beginning in August 2023! Registration and hotels won't open for new and former members until September 1. With a registration limit in place, it's important to register as soon as you're eligible!
- **ABCA Video Library Access:** You have access to the most comprehensive online baseball coaching video library, which features over 500 on-demand clinic presentations. These include ABCA Convention Clinics dating back to 2009, Barnstormers Regional Clinics from the past few years as well as ABCA Partner webinars. The 2023 Convention clinics will be added to the Video Library too, with Convention and Live Video Streaming registrants receiving access by February 1 and all other 2022-23 ABCA members getting access on May 22!
- **Free Subscription to Inside Pitch Magazine:** The Inside Pitch Magazine issue that gets delivered to your mailbox bi-monthly is part of your membership! The first issue of the year is handed out to attendees at the ABCA Convention in January and subsequent issues are mailed in March, May, July, September, and November! You can also access every issue online, including a full digital archive of every past issue (more than 50 magazines) on the ABCA website at [www.ABCA.org/magazine](http://www.ABCA.org/magazine).
- **ABCA Press Box Weekly E-Newsletter:** Each Wednesday you receive the weekly e-newsletter of the ABCA, the *Press Box*, with a recap of the past week's coaching news, latest coaching job and schedule openings, recent milestone victories as well as articles featuring coaching and training tips, videos, and relevant association information.
- **Free Attendance at Barnstormers Regional Coaching Clinics:** All members receive complimentary registration for the one-day regional coaching clinics held each fall at locations across the United States! These clinics now feature on-field presentations, live practice tutorials and a coaches social!
- **ABCA Job Postings & Open Dates:** Many job listing websites charge hundreds of dollars to post or view jobs, but this is a free service to all members! ABCA members can also post open schedule dates and inquiries on the ABCA website free of charge.
- **ABCA Partner Discounts:** Through the ABCA's corporate partnerships, you can receive discounts on baseball apparel, gear, technology, training aids and more! We encourage you to take advantage of the discounts offered by ABCA Partners including Wilson Sporting Goods, Rawlings Sporting Goods, Netting Professionals, Rapsodo, Easton, Terryberry, Pocket Radar, Diamond Sports, Driveline Baseball, GameKast Live, Triton Athletic Performance, Backyard League powered by Playfinity, Kinetic Performance Institute and Boombah! Learn how to redeem these exclusive offers at [www.ABCA.org/discounts](http://www.ABCA.org/discounts).
- **Rental Car Discounts:** You can take advantage of discounts on rental cars from Enterprise Rent-A-Car and National Car Rental through your ABCA membership. Your membership entitles you to rates as low as \$37 per day on cars, vans and SUVs. It also includes the Full Damage Waiver, a \$30 per day value. We've heard from members that have saved over \$1,000 per year using the rental car discounts! So, whether you're renting for team travel, recruiting or personal vacation, make sure you take advantage of these deals.
- **Hotel Discounts:** You can also receive discounts on team and personal hotel reservations at Marriott Hotels and Resorts, including brands like – JW Marriott, Renaissance, Courtyard, SpringHill Suites, Fairfield Inn, Residence Inn, TownPlace Suites – Red Roof Inn, Best Western, Best Western Plus, Best Western Premier, Motel 6, and Studio 6 Extended Stay. Hotel discounts range from 10 to 25 percent off so make sure to explore these deals when you book your next reservation!
- **Participate in Surveys:** Your voice matters and, as a member, you're able to participate in ABCA surveys regarding rule changes and legislative issues affecting your respective division. Survey results are provided to members as well as divisional governing bodies. The ABCA also runs member surveys to get input about new membership benefits and events!
- **Liability Insurance Coverage:** If you are a U.S. resident, then you're covered by the ABCA's \$1 Million Personal Liability Insurance benefit while conducting direct one on one or group baseball or softball coaching or instruction at a practice or playing facility! Find out more at [www.ABCA.org/insurance](http://www.ABCA.org/insurance).

*Renew your ABCA membership in July at [www.ABCA.org](http://www.ABCA.org)! All memberships expire August 31.*

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# Awards Central – American Baseball Coaches Association

The ABCA's robust awards program honors hundreds of coaches and thousands of athletes on an annual basis. The National Head and Assistant Coaches of the Year, Lifetime Members, Travel Baseball Service Award, Youth Baseball Service Award and Ethics in Coaching Award recipients will be recognized on-stage on Friday, January 6, at 8:30 a.m.

## 2022 ABCA/ATEC National Coaches of the Year

- NCAA Div. I:** Mike Bianco, University of Mississippi
- NCAA Div. II:** Landon Powell, North Greenville (SC)
- NCAA Div. III:** Brian Hamm, Eastern Connecticut State
- NAIA:** Adrian Dinkel, Southeastern (FL)
- NJCAA Div. I:** Anthony Gilich, Central Arizona
- NJCAA Div. II:** Michael Avalon, Pearl River (MS)
- NJCAA Div. III:** Jason Rathbun, Herkimer (NY)
- Pacific Association Division:** Andy Peterson, Linn-Benton (OR)
- High School Div. I:** Larry Vucan, Southlake Carroll (TX)
- High School Div. II:** Tyler Kincaid, Blue Valley Southwest (KS)
- High School Div. III:** Chris McMinn, Magnolia Heights (MS)

*The ABCA/ATEC National Coach of the Year Awards are the most prestigious in all of amateur baseball. ATEC Sports manufactures industry-leading training equipment and machines for elite baseball and softball programs. From training machines to tees, nets and screens, ATEC sets the standard when it comes to equipment today and is the Official Training Equipment of Major League Baseball.*



## 2022 ABCA National Assistant Coaches of the Year

- NCAA Div. I:** Karl Nonemaker, Auburn (AL)
- NCAA Div. II:** Bob Mitcheltree, Slippery Rock (PA)
- NCAA Div. III:** Tom DeAngelis, Baldwin Wallace (OH)
- NAIA:** Matt Saliba, Webber International (FL)
- NJCAA Div. I:** Tyler Johnson, McLennan (TX)
- NJCAA Div. II:** Slater Lott, Pearl River (MS)
- NJCAA Div. III:** Evan Glew, Northern Essex (MA)
- Pacific Association Division:** Jno Shuler, Cosumnes River (CA)
- High School Div. I:** Dean Adams, Rock Canyon (CO)
- High School Div. II:** Chris Capano, Phillips Academy-Andover (MA)
- High School Div. III:** Brad Shelton, Tonganoxie (KS)

*The ABCA National Assistant Coach of the Year Award was started in 1999. In 2018, the award was expanded to recognize an Assistant Coach of the Year in 11 divisions. Coaching expertise, recruiting, loyalty to the program and respect for the players and the game are some of the many criteria examined when reviewing the candidates.*

## Baseball Service Awards

**Travel Baseball Service Award**  
Kenny Fullman, Chicago White Sox ACE Program

**Youth Baseball Service Award**  
Jim Peck, Excelsior Legion Baseball Post 259 (MN)

*The Travel and Youth Baseball Service Awards were created prior to the 2023 ABCA Convention to honor an ABCA member who is making a significant, positive effect on those divisions at the local, state or national level.*

## 2022-23 Lifetime Members

- Chuck Box, Texas A&M University
- Rick Carver, Franciscan University (OH)
- Keith Case, Wharton County Junior College (TX)
- Dave Demarest, Fountain Valley High School (CA)
- Nelson Faris, Bourbon County High School (KY)
- Richard Fetchiet, Collegiate Baseball Umpires Alliance
- Neil Fiala, Southwestern Illinois College
- Jim Gatewood, McKinney North High School (TX)
- Jody Hamilton, Owensboro Catholic High School (KY)
- Brian Hetland, Clarksville High School (TN)
- Dave Jarvis, Belmont University (TN)
- Jeff Jenkins, Rose Hulman Institute of Technology (IN)
- Tripp Keister, Washington Nationals
- Abraham Key, PONY Baseball and Softball
- Wayne King Jr., Joliet Junior College (IL)
- John Manganaro, Ultimate Baseball Academy (NE)
- Lunch McKenzie, Concordia University - St. Paul (MN)
- Pat McQuaid, Nova High School (FL)
- Patrick Murphy, University of Alabama
- Iran Novick, Foothill High School (CA)
- Bruce Peddie, University of Saint Mary (KS)
- Randy Spangler, Coldwater High School (MI)
- Mitch Thompson, Baylor University (TX)
- Brad Warnimont, University of Rio Grande (OH)

*The ABCA's Lifetime Members are those coaches who have been members of the organization for 35 consecutive years. Lifetime Members no longer have to pay annual dues to the association. There are more than 470 ABCA Lifetime Members, including the coaches listed here who became Lifetime Members this year.*



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## Two coaches honored with ABCA Dave Keilitz Ethics in Coaching Award

Two coaches will receive the prestigious ABCA Dave Keilitz Ethics in Coaching Award during the 2023 Convention in Nashville: former Horizon High School (Arizona) head baseball coach Eric Kibler and Ball State University (Indiana) head baseball coach Rich Maloney. The ABCA Ethics in Coaching Award honors individuals who embody the ABCA Code of Ethics.



**Eric Kibler**

In 2017, the award was named in honor of ABCA Board Member, Hall of Fame inductee and former Executive Director Dave Keilitz.



**Rich Maloney**

Kibler started the baseball program at Horizon High School in Scottsdale, Arizona, in 1980, and over the course of 38 seasons, became the all-time wins leader in Arizona high school baseball history with 881. His Horizon teams captured six 5-A state championships, finishing runner-up three times, to go along with 20 regional championship victories. The five-time Arizona Baseball Coaches Association (AzBCA) State Coach of the Year mentored three first round MLB draft picks and had 28 former players advance to professional baseball. Kibler also has an extensive history with USA Baseball, having managed the 16U National Team to a gold medal at the 2010 Pan Am Games. In addition, Kibler developed and designed the USA Baseball National Development Program and has run Scottsdale's Arizona School of Baseball since

2019, which is an organization that focuses on developing youth athletes. A fixture in the Scottsdale community, Kibler also directed numerous youth and coach clinics throughout his career. He is also being inducted to the ABCA Hall of Fame during this Convention.

Maloney completed his 17th season as the head baseball coach at Ball State in 2022, guiding the Cardinals to their fifth MAC regular season title and earning his fourth MAC Coach of the Year honor. The winningest coach in Ball State baseball history, Maloney's teams have amassed a 576-356-1 (.617) record, bringing his overall coaching record to 917-600-1 (.609). Maloney's head coaching career also includes a 10-year stint at the University of Michigan where he led the Wolverines to three consecutive Big Ten Conference championships (2006-08) and four straight NCAA Regional appearances (2005-08).

The 2007 and 2008 Big Ten Coach of the Year also earned ABCA/Diamond Regional Coach of the Year honors in both of those seasons. Maloney currently serves on the ABCA Board of Directors and served as its President in 2018. In 2017, Maloney was honored with the Fellowship of Christian Athletes Baseball Jerry Kindall Award which recognizes a college or high school baseball coach who exemplifies character, integrity, excellence, teamwork and service.

### AMERICAN BASEBALL COACHES ASSOCIATION CODE OF ETHICS

First and foremost, the ABCA strives for sportsmanship, ethics, and integrity to the highest degree. On June 29, 1945, 27 coaches formed the American Association of College Baseball Coaches, which eventually became the American Baseball Coaches Association. At that first meeting in New York City, those founding fathers stated that coaching ethics were of utmost importance. Proper sportsmanship and ethical conduct in coaching established at that first meeting in 1945, certainly continues today as the ABCA's highest priority.

#### PREAMBLE:

The next and following generations will be the stewards of our great game of baseball. More importantly, they will be the caretakers of our families, communities, and nation. The present and future well-being of our society will depend on men and women of high moral character who will demonstrate and live out the virtues of honesty, integrity, respect, and personal responsibility. Recognizing that these and all other ethical values do not develop automatically in our players, the ABCA will make a

deliberate and conscious effort to assist them in developing the values and ideals necessary for moral decision making and conduct. This stated goal is best achieved through the ABCA coaches and members. The single most important variable in promoting ethical conduct on the baseball field is the coach.

#### PURPOSE:

The Code of Ethics has been written to protect and promote the best interests of the game of baseball and the coaching profession. It seeks to define what are right and ethical practices and what practices are wrong and detrimental. The principles and articles herein reflect the foundation of democratic society; in particular, honesty, integrity, respect, discipline, personal responsibility, fairness, and loyalty. Additionally, these virtues reflect the highest calling of baseball coaches and players.

The ultimate success of the principles and articles of this Code depends on those for whom it has been established – the baseball coaches.



## **PRINCIPLE I: Responsibility to Players, Officials, Parents, and Fans**

### **ARTICLE A: Players**

1. Always place the academic, emotional, physical, and moral well-being of your players above desires and pressures to win.
2. The rules of baseball are clear. Any attempt to circumvent these rules to take unfair advantage of an opponent, or teach deliberate unsportsmanlike conduct has no place in coaching baseball.
3. The coach shall set the example for winning without boasting and losing without bitterness, thus earning the respect of his players.
4. The coach shall discourage and disallow the use of illegal or performance enhancing drugs, alcohol, and tobacco.
5. The coach shall not permit any player to make unsportsmanlike or uncomplimentary remarks to opponents, umpires, or spectators. Taunting, boasting, and fighting demean individuals and the sport of baseball.
6. The coach shall discourage and disallow profanity, obscenities, and vulgar language from players, coaches, and all others associated with the team. Civil and respectful language is a mark of manhood and maturity.
7. The coach shall advocate and promote the value of education over and beyond the desire for professional stardom.
8. The coach shall not make demands on his players that will interfere with the players' opportunities for achieving academic success.
9. The coach shall recognize, address, and educate against harmful personal practices that may involve the players, e.g., drug, alcohol and tobacco addiction; unwise friends and places; misuse of power; and physical and mental abuse.
10. The coach shall take immediate disciplinary action when a player's on or off the field behavior is considered egregious. The integrity and reputation of the team, institution, and the sport of baseball must be protected.

### **ARTICLE B: Officials**

1. The coach shall respect and support the umpires, scorers, public address announcers, and others charged with conducting the game. On and off the record criticism of officials to players or the public is unethical.
2. The coach shall not permit anyone on his team to address uncomplimentary remarks to any official during a game or to indulge in conduct which might incite players or spectators against the officials.

### **ARTICLE C: Parents**

1. The coach shall treat the parents and family of his players with respect; be clear about your expectations, goals, and policies; and maintain open communication.
2. The coach shall be candid with players and parents about the likelihood of getting a scholarship or playing on a professional level.

### **ARTICLE D: Fans**

1. The coach shall strive to educate the home fans to be respectful and courteous to the opponents while still maintaining enthusiasm and support for their team.
2. The coach shall be responsible, within reason, for the conduct of his team's fans and refrain from arousing the crowd by his conduct.

## **PRINCIPLE II: Responsibility to the Institution**

### **ARTICLE A: Institutional Integrity**

1. The coach shall conduct himself so as to uphold and maintain the integrity and dignity of his institution.
2. The coach shall discuss problems with his athletic director and/or other superiors in a professional manner, and then accept and support decisions that have been reached.

### **ARTICLE B: Academic Integrity**

1. The coach shall not exert pressure on faculty members to give players consideration they do not deserve.
2. The coach shall not exert pressure on the Admissions Office to admit players who are not qualified.

## **PRINCIPLE III: Responsibility to the Rules and Integrity of Baseball**

### **ARTICLE A: Rules**

1. The coach shall maintain a thorough knowledge of the rules of the game and assure that his players know and understand the rules.
2. The coach shall require his players to know and abide by the letter and the spirit of all baseball rules and those relating to eligibility, recruitment, transfers, practices, and other provisions regulating their competition.

### **ARTICLE B: Integrity of the Game**

1. The coach shall communicate to his players a respect and reverence for the grand history of baseball and instruct them never to knowingly bring shame or dishonor to the game.
2. The coach shall not allow himself, or his players, to gamble on professional or intercollegiate baseball games.

## **PRINCIPLE IV: Professional Responsibility**

### **ARTICLE A: Recruiting**

1. The coach shall strictly observe all institutional, conference and national regulatory body rules and policies.
2. The coach shall not attempt to recruit a player enrolled at another institution unless properly authorized according to legislation.
3. The coach, or his players, shall not attempt to recruit players from another academic institution during summer baseball.



4. The coach shall not participate in negative recruiting against another coach, institution, or its players. Derogatory statements toward other coaches, players, or schools are considered unethical.
5. The coach shall not make any statements to prospective students which, knowingly, cannot be fulfilled.
6. The coach shall respect both the written and verbal commitment a student/athlete makes to another institution. It is considered unethical to urge or suggest a young man break his word.

#### **ARTICLE B: Relationships**

1. The coach shall maintain appropriate professional relationships with student-athletes, managers, and trainers and respect proper coach/player boundaries.
2. The coach shall treat news media with courtesy, honesty, and respect.
3. The coach shall teach his players how to conduct themselves in interviews in the best interest of the team and the game.
4. The coach shall instruct his players that any disciplinary, academic, or personal problems are “family affairs” and not to be made public.
5. The coach shall not be associated in any way with professional gamblers and should not be present where gambling on team sports is encouraged or permitted.
6. The coach shall act toward other coaches in a manner characterized by courtesy, good faith, and respect.
7. The coach shall help develop the baseball coaching profession by exchanging knowledge and experiences with colleagues, athletes, and students while being a participant, course facilitator, or master coach in courses and internships.
8. The coach shall uphold his or her responsibility to coaching by bringing inconsistent or unethical behavior of others to the attention of appropriate regulatory committees in a manner consistent with this code, but only if informal resolution or correcting the situation is not appropriate or possible.

### **PRINCIPLE V:**

#### **Personal Responsibility**

##### **ARTICLE A: Trustworthiness**

1. The coach shall model high ideals of sportsmanship and always pursue victory with honor while teaching and advocating good character.
2. The coach shall strive to be himself worthy of trust while teaching his players the importance of integrity, honesty, reliability, and loyalty.

##### **ARTICLE B: Respect**

1. The coach shall treat all people with respect at all times and require the same of the players.
2. The coach shall not engage in, or permit, profanity, vulgarities, obscene gestures, trash talking, taunting, boastful celebration, or other actions that demean individuals, or the sport of baseball, or reflect badly on the team and institution.
3. The coach shall use positive coaching methods to increase players’ self-esteem and enjoyment, and to foster a

love and appreciation for baseball. He shall refrain from physical or psychological intimidation, verbal abuse, and any conduct that is demeaning to players.

##### **ARTICLE C: Conduct**

1. The coach shall refrain from the use of tobacco and alcohol in front of his players.
2. The coach shall be mindful that he is a role model with high visibility, great influence, and must consistently conduct himself in private and coaching situations in a manner that exemplifies what he expects from his players.
3. The coach shall accurately represent his academic and coaching qualifications, experience, and past affiliations.

##### **ARTICLE D: Fairness and Caring**

1. The coach shall be fair in selecting a team, competitive situations, disciplinary issues, and all other matters, and be open-minded and willing to listen and learn.
2. The coach shall consistently demonstrate concern for his players as individuals and encourage them to look out for one another.
3. The coach shall put safety and health considerations above the desire to win, and never permit players to intentionally injure an opponent or engage in reckless behavior that might cause injury to themselves or others.

*The ABCA Code of Ethics was unanimously approved by the Board of Directors on June 18, 2005, in Omaha, Nebraska.*

## **ABCA STATEMENT ON SPORTSMANSHIP, VALUES, AND IDEALS**

**Whereas:** We believe that coaches are among the strongest influences on a young person’s moral and ethical development; and

**Whereas:** We believe that the highest calling of a baseball coach is to teach and model the character traits of honesty, integrity, respect, and personal responsibility; and

**Whereas:** We believe that honorable athletic competition in baseball provides rigid and voluntary rules of right and wrong that can lead to strong character development among our players; and

**Whereas:** We believe that a baseball coach’s moral and ethical conduct, on and off the field (i.e., recruiting, academic, fairness to all team personnel), will deeply influence his players;

**THEREFORE:** We strongly encourage all members of the **AMERICAN BASEBALL COACHES ASSOCIATION** to place **the highest priority** on teaching and modeling the moral and ethical values of **HONESTY, INTEGRITY, RESPECT, DISCIPLINE, PERSONAL RESPONSIBILITY, FAIRNESS, AND LOYALTY.**

*The ABCA Statement on Sportsmanship, Values and Ideals was unanimously approved by the Board of Directors on June 15, 2003, in Omaha, Nebraska.*

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**MIKE BIANCO**  
**University of Mississippi**  
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II. Our Story

III. Speaker Series

IV. Consistency

V. Lessons

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Baseball's New Statistic:  
An Introduction to Seam  
Orientation with Rapsodo

Friday, January 6, 2023  
11:40 AM - 12:20 PM



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“Practice? We’re talking about Practice???” High Impact Infield and Outfield Drills that Get Your Team Ready to Compete Through Game-Like Situations

### **PRACTICE THE WAY YOU WANT TO PLAY:**

#### **The importance of the first 10 minutes**

Position player “Hatter Skills”

#### **Infield Intensity Practice Routines**

Band drills: Stay Down!

1b fungo picks

Side toss fungos for times

#### **Outfield Intensity Practice Routines**

Fungos down the lines/Fence

Blind drill

Fence Drill for relays

Reads during BP

#### **Fly Ball Priority**

Universal “Ball” call

Call ball at its peak

OF over INF, INF over catchers, Pitchers on medium height ball

When to “call” off a teammate

#### **Team “Piggy Back” Relays: Ball in Gaps**

OF responsibilities

Speed of getting rid of ball

Throw needs to be online to relay

Middle INF responsibilities

Get to position in gaps

Read the Outfielder’s throw distance

High Hop/No Hop to destination

3rd base: Run The Drill! Be Verbal

C: Provide Verbal Support

#### **Team Warm-Up Relay Drill**

#### **Piggy Back Relay Drill**

No runner on

Runner on 1st: 3rd base make the call

#### **Diamond Defense Drill**

#### **Team Run Downs**

Rules of the run down

Run down drill

Run downs around the horn with runners incorporated

#### **Double Play Sequence**

a) 5-4-3

d) 3-6-1

b) 1-6-3

e) 4-6-3

c) 6-4-3

f) 1-2-3

Finish with OF throw to 3rd or plate

#### **Bunt Sequence**

a) P 1st base side

b) P 3rd base side

c) C bunt to 2b

d) squeeze

OF throw after each bunt play

#### **Stetson Baseball Batting Practice (Defense)**

Live Batting Practice Reads, Make The Play!

Fungos to bucket

#### **Baserunning Circuits**

Singles circuit

1. Home to first: Infield hit

2. 1st base: steal jumps with slide

3. 2nd base: steal jumps with slides

4. 3rd base: tag plays

Doubles circuits

1. Home: Doubles with good turn

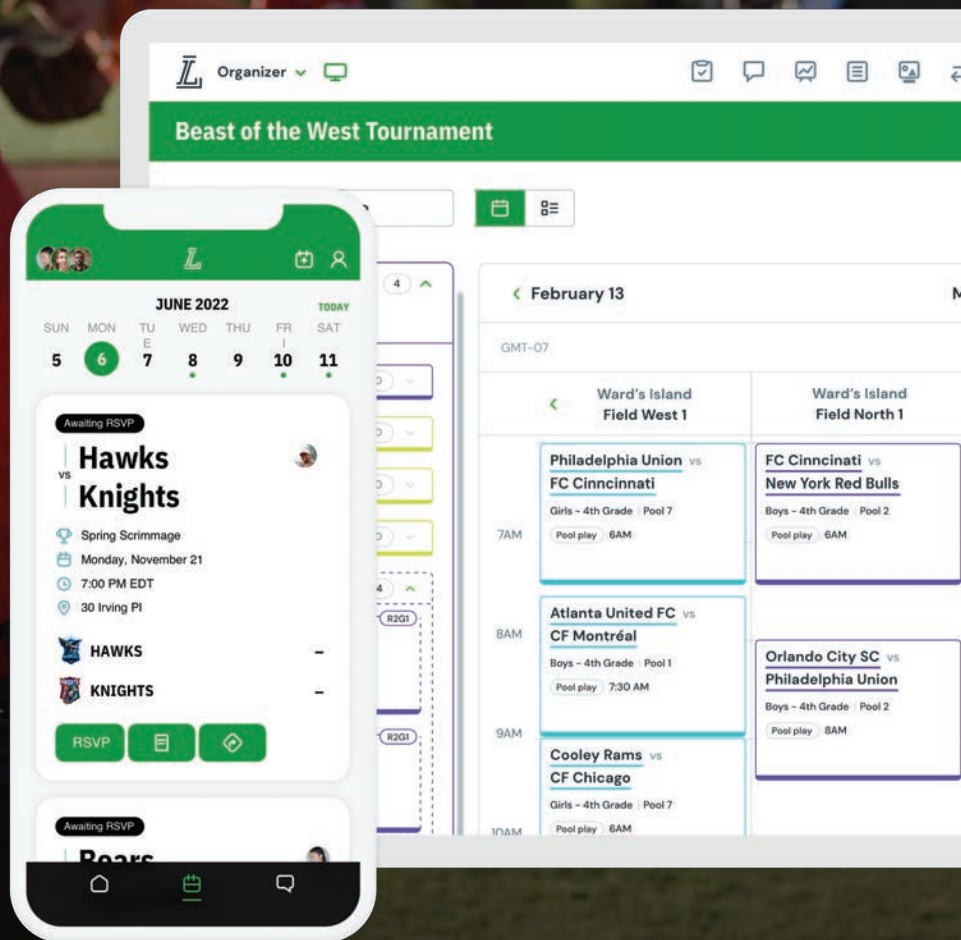
2. 1st: 1st to 3rd

3. 2nd: Score with help of coach

4. 3rd: Squeeze play...point of no return

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## DR. KEITH SMITHSON

### Washington Nationals, Sports Vision Pros

Maximizing Visual Performance for Baseball: Techniques and Technologies to Assess, Train and Enhance Vision from Youth to the Pros

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- Level 3- Visual Processing
- Level 4- Integration

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- Nutritional Supplementation

#### Level 2:

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- Computer based muscle skills training

#### Level 3:

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- Senaptec
- Neurotracker
- Neurotrainer
- M&S Technology

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- WinReality

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- WinReality, Reakt, Skeyefall

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**Florida State University**

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  - Of Intangibles
  
2. What Informs Our Evaluation?
  - Metrics / Movement Patterns
  - Charts / What do we value?
  
3. Development Through Daily Work
  - Warmup
  - Every Day Drills (3 Core Drills)
  - Long Toss Principles
  - Bullpens
  - Development of stuff outside the bullpen
  
4. 'Building' the Elite Pitcher
  - Sample Work Week
  - In the Weight Room
  - Med Balls
  
5. Pitch Calling / Game Management
  - How We Sequence Batters/Games
  - 100% of 20%
  - Structuring Games/Maximizing Variety
  - When to make a pitching change?
  
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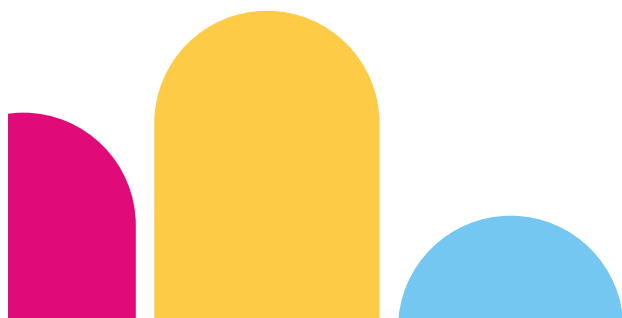
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**LAZ GUTIERREZ, Ph.D.**  
**Nova Southeastern University**  
**Mental Skills at Play**

1. The ability to apply mental skills **FUNDAMENTALS** on a consistent basis is the “**SECRET SAUCE**” in the journey from a reactive to a proactive fundamental.
2. Review – What do mental skills provide our players?
  - a. Provides the path towards consistency to apply physical tools.
  - b. Provides strategies and the tools to become more resilient.
  - c. Makes better leaders.
3. Ground Rules
  - a. It’s mental conditioning, not mental magic.
    - i. You must work on it on a consistent basis, like physical/baseball fundamentals.
  - b. It’s not rocket science.
    - i. Psychology is part science, social science, and art.
  - c. Coaches are the best sport psychologist.
    - i. Many of the lessons that are taught on the field have a psychological foundation.
4. Don’t fear the mental side of the game.
  - a. Mental skills **MUST** be embedded in your philosophy and culture.
  - b. It doesn’t have to be an elaborate lesson nor time consuming.
5. Integrate mental skill into your daily routine.
  - a. Practice plan – “Mental Minute”
  - b. Stretch – Mindfulness/Breathing
  - c. Weekly Mental Skill Early Work – 30-minute sessions
6. “Train the Trainers [Coaches]”
  - a. Psychology Resources on Campus
  - b. Hire an expert
    - i. AASP – Association for Applied Sport Psychology
7. Provide a safe place for your players.
  - a. Don’t let your players doubt and/or suffer alone.
8. You’re the model.
  - a. Are you taking time so that you and your staff grow in this area?
    - i. Be deliberate about this.
    - ii. What are the lessons and messages that you’re sending?
9. Take-aways
  - a. Make time for mental skills daily.
  - b. Be deliberate about growing in this area.
  - c. Have a go-to person that your players can trust.
  - d. All eyes on you.



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**MIKE GLAVINE**  
**Northeastern University**

**Northeast Made: Practice Planning & Structure the Northeastern Way**

- I. Northeast Made = Obstacles
- II. Practice Planning
  - a. Daily, Weekly, Monthly, Yearly
  - b. Pre and Post Staff Meetings
  - c. Send team Daily, Weekly, Monthly Plan
  - d. Video-Music
- III. Goals of Team Practice
  - a. Preparation vs. Development
  - b. Today's Player
- IV. Sample Practice Plan
  - a. Order Matters
  - b. Randomize
- V. Blending Pitchers into Practice
  - a. Pre-Throwing Work
  - b. Throwing Programs
  - c. Team Drill Work
  - d. Post-Throwing Work
- VI. Position Player Practice
  - a. Baserunning
  - b. Throwing Program
- VII. Team Defense
  - a. Keep it Fresh
  - b. Know the Room
- VIII. Individual Defense
  - a. Fundamentals
  - b. Volume
  - c. Routine
- IX. BP
  - a. Play Ball
- X. Game Simulation Drills
  - a. Challenge-Compete-Coach
- XI. Technology and Charting
  - a. Laminate and Post
- XII. Team Competition
- XIII. The Hammer

# SERVICE

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- PBR Classic

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Service Baseball



ServiceBaseball



@HowDoYouServe



**DR. SCOTT BROOKS**  
**Arizona State University**

**How to Bake Diversity, Equity and Inclusion into Your Program**

The 10k Training Approach

For My Friend:

1. Partner - Have a why?
2. Set an ongoing goal - I will do this no matter what - 1 lap
3. Reward - Do something big
4. Set new goal - 2 laps, 2 miles another way, cross train
5. Set related fun goals - in SD run to end and back - don't know how far it is - a visual/symbolic goal
6. Do more than what is needed
7. Keep training but listen to your body
  - a. Figure out what it takes to keep it going
  - b. Do what it takes to keep it going

Steps:

1. The Why
2. Identify a Partner
3. Resource Needs
4. Rewards
5. Partner Check-in
6. Goal Setting
7. Feedback
8. Rewards
9. Partner Check-in
10. Goal Setting
11. Ongoing Assessment
12. Ongoing Rewards
13. Identify Markers for Re-Activation
  - a. How to identify
    - i. What to Look For
    - ii. Who to Look For



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a **REV**olution of defense.

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## PETER FATSE Boston Red Sox

### E+I=C, Building Blocks for Developing an Impactful Offense

What is E+I=C? Environment + Information = Culture

- Environment: Set the bar high, encourage “failing forward”. Objective feedback loops are everywhere.
- Information: Types. “Know yourself, know the opposition.” Two-way street. Meet the players where they are at.
- We work together; shared accountability and communication.

Driving Attention: We are competing for time.

- Feedback is essential! “If it matters, make it matter”, Reinforcement.
- Types of feedback: Swing Decisions, batted ball quality and distribution, etc.

MLB Prep/Group Focus: Know the task at hand.

- Long term: 162, We’re in this for the long haul.
- Short term: 15-min meeting, Our time together. Set the tone.

MLB Prep/Individualization: “Be GREAT at what you’re good at.”

- Your strengths, your zone.
- How well do you know your strengths? What is your outlier quality?
- How can we embrace this while strengthening areas around your offensive game?

The Plan Matters

- 4-Profiles: Same Lane, Same Plane, N+S, E+W
- How do these types of pitchers influence our preparation individually and as a team?

Mechanics Matter

- “Hands and Feet”: Top down vs. Ground up. Individualized, know your player.
- Loading to “See the ball”; Anticipation, prediction vs. reaction.
- How do we know when a change is “working”?

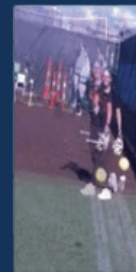
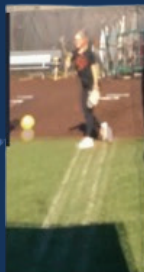
Summary



# The Pitch Tunnel

SmartMitt Pro model is now equipped with innovative technology called **Batter's View**<sup>®</sup> that records and compares each pitch from LHB and RHB points of view. See how two pitches compare by overlaying the two videos together. Plus, your target can be customized with an image of your catcher, or you can choose one of our pre-made targets. To learn more about these features, stop by and see our expo and booth #3208!

LHB View  
Pitch 1 & 2  
overlay



RHB View  
Pitch 1 & 2  
overlay

Catcher's view and point of impact



[www.smartmitt.com](http://www.smartmitt.com)

Booth #3208

Expo Presentation:

Jan. 5th at 4:10-4:50pm



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**TOM GRIFFIN**  
**Carson-Newman University**

How to Develop Your Catcher to be the Ultimate Game Coordinator



- **Leadership-** Purpose in playing the position. Mindset needed in training and games. How to communicate effectively in game, dugout and bullpen.
- **Pitch Calling-** Ideas and philosophy. Knowing the pitchers strength.
- **Training-** Guideline to daily training/practice. Combination drills. Using throwing/catch fundamentals to work on catching techniques
- **Decision Making-** Ways to train in practice with live action. How to communicate effectively.
- **Umpire Relationship-** Getting them on your side. Reminders about the relationship.
- **Pre-Post Work-** Drills to utilize before the game. Post-work and evaluation.

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ACTIVE GAMING



## **MATT BLAKE** **New York Yankees**

### How to Develop Pitchers Using an Objective Framework

#### **Intro - Perspective**

**Private Instructor -> HS/Travel Ball -> Cape League -> Coordinator/Front Office -> ML Coach**

- Pain point - Providing inconsistent subjective feedback to players/parents on progress
- Didn't want to hurt their feelings, disappoint them
- We owe it to the player/parent to be honest about progress or lack thereof
- How do we know if they're getting better?

#### **Why an Objective Coaching Framework?**

- Helps set "North Star" for group
- Opportunity to partner with player on vision – Identify "Best Version of Yourself"
- Creates consistent language
- Helps navigate difficult conversations - less opinion/ego involved

#### **Introduce "Body <-> Ball <-> Performance" Framework**

- Body - Delivery, Movement Capacity, Force Production, Recovery
- Ball - Understand the ball flight/pitch profiles of each pitcher
- Performance - What's happening at home plate? (This is the driver for us at ML Level)
- Use these three buckets to help identify behaviors you want to maintain or improve

#### **Navigating Development Conversations**

- Setting Goals/Objectives: Low-Hanging Fruit -> Largest Window of Adaptation
- Helps set roles and manage expectations
- Create systematic feedback loops - Post-Game/Weekly/Monthly reports
- Make sure you can provide color to bring numbers to life

#### **Player Examples**

#### **Conclusion**

- The best players regardless of level/age/experience want to be coached
- Our job is to meet them where they are and find out when/where/how they want help
- Important to give honest feedback to them in consistent manner
- Using objective information helps create system for providing unbiased feedback
- Players can get better faster with clear goals and consistent feedback on progress

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## **SAM CILA The Program**

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1. Introduction to The Program: a team building and leadership development company
2. From the back lines to the finish line; Sam’s personal story
3. Making no excuses and taking 100% responsibility

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**San Francisco Giants**

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**Baserunning**

- Intro
- Main Points
- Primary Leads
  - Purpose of primary leads
- Secondary Leads
  - Timing and technique
  - Benefits of well executed secondary leads

**Third Base**

- Lead distances
- Secondary leads
- Returning to base
- Scenarios
  - Infield back
  - Infield in
  - Corners in / middle back
- Contact play

**First Base**

- Alignment
- Lead distances
- Timing of leads
- When not to take leads or secondaries
- Taking away throwing lanes
- 1st and 2nd leads
- Tagging on fly balls
- Balls down line

**Taking Extra Bases**

- Knowing opponents
- Reading throws from outfield'
- Awareness of cut-off men

**Second Base**

- Lead distances
- Lead depths
- Secondaries
  - Shallow fly balls
  - Deep fly balls
  - 2 outs / 2 strikes

**Dirt Ball Reads**

**Runners Crossing Plate and On Deck Hitters**

**Closing Thoughts**

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**MICHAEL EARLEY**  
**Texas A&M University**

Body Control and Direction: Building Adjustable, Efficient Hitters

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  - Mechanics / Approach Builds the Drill Work
  - Compound Effect of Intentional Swings
  
- Constraint-less Constraints / Tools
  
- Define What Success Is
  
- T Drill Variants
  
- Front Drill Variants
  
- Off-Set Variants
  
- Challenge Variants
  
- Those Who Hit Often, Hit Often



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**IceShaker.com**



**ADAM MOSELEY**  
**Hoover High School (AL)**  
Competitive DNA: Developing a Winning Pitching Program

What are You Preparing Them For?

- Start with Why

Basic Beliefs for Our Pitchers

- Pitchers Big 7
- Participant or Competitor

First Impressions

- How do you bring a kid into your program?
- Outline the Path

What's Your Plan?

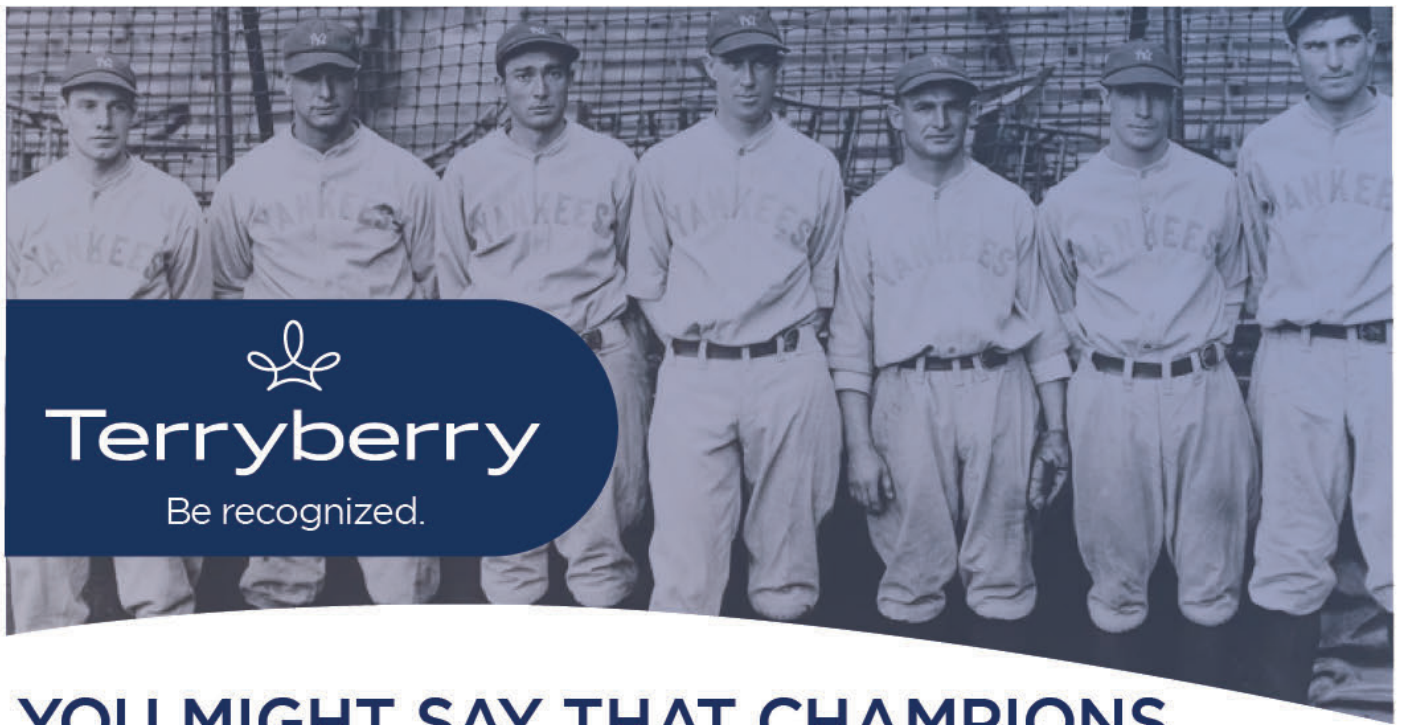
- 4 Year / 1 Year

How Do You Train?

- Teach the Win
- Weight Room
- Bullpens and Scrimmages
- Me Time vs. Team Time

Communicate to Win

- Major Evaluations
- Game Reviews



  
**Terryberry**  
Be recognized.

## YOU MIGHT SAY THAT CHAMPIONS ARE OUR SPECIALTY



Terryberry is the “Official Championship Ring of the American Baseball Coaches Association” and as an ABCA Member, we are excited to offer you a 5% discount on orders of 15 or more rings. This is a tremendous benefit for you and we are excited to continue to partner with the ABCA and extend this offer.

Visit Terryberry — The Official Provider for ABCA Championship Award Rings at the upcoming convention in Nashville, Booth #543.

To speak to a Terryberry representative, please call or email Nick Phillips at 616-498-2147 - [nphillips@terryberry.com](mailto:nphillips@terryberry.com)



## JORDAN BISCHEL

### Central Michigan University

#### Northern Baseball – Preparing Indoors for an Outdoor Sport

##### *My first experience as a pitching coach – make 70' out of a 60' cage*

- 1) Build A Foundation: Since 2019: CMU has 12 more road wins than any other Division I program
  - a) BUT, we were also swept opening weekend each of the last 2 years (ups and downs)
  - b) Information can also be very helpful to warmer-weather teams – not “stuck inside”
- 2) Rubik’s Cube mentality – haven’t always had high end facilities
  - a) Use every inch
  - b) Look for every available hour
  - c) “Create” Facilities
- 3) Competition is key
  - a) Keeps guys locked in
  - b) Simulates how they will feel on game day
  - c) Don’t be afraid of a “Spanky” system
- 4) Eliminate Boredom – music, “game days”, variation, awards
- 5) Hitting
  - a) We limit drill work – 10-15 minutes per day
  - b) Keep it challenging – easy to hit cage bombs – machines, simulated velocity, off-speed
  - c) Set goals – Trackman/Rapsodo are great but can also use radar, targets, height lines, etc.
  - d) Simple Feedback
  - e) We prioritize Live AB’s – decide how you will evaluate.
  - f) Don’t always need a cage to hit (Wiffle, Incrediballs, etc.)
  - g) Small groups
  - h) Bunting
- 6) Defense
  - a) Unlike hitting, we have increased drill work
  - b) BE CREATIVE – nets for long toss, throwing competitions, tee game, OF volleyball
  - c) Bunt Game
  - d) Power of the stopwatch
- 7) Base running
  - a) Projector base running
  - b) “Reaction Game” with Incrediballs
  - c) Sliding practice
- 8) Pitching
  - a) Can be easier to stick to a routine – not reliant on scrimmage days or weather
  - b) Use nets for higher intent throwing if needed
  - c) We throw to hitters a lot – have an “indoor” depth chart
- 9) Other Areas
  - a) IQ Test
  - b) Mental Reps
  - c) Weight room / conditioning / speed work
- 10) Embrace it – 2 months inside = long term advantage (Process > result; perception becomes reality)

# Your team deserves the best.



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- Authorized Covermaster® representative for tarps and windscreens
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## **BULLDOG** Field Equipment

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## DAVE TURGEON IMG Academy

### Training the Minds and Skills of Our Players

- I. Intro.
- II. The Journey: From Perfection to Kaizen.
  - A. Why improve over perfection?
  - B. Choosing to nail the process over chasing unicorns.
- III. Acquiring skills and learning is messy.
  - A. Once we understand what it looks and feels like we can embrace it with the players.
  - B. From Lollygagger speeches to the process of Prepare, Execute and Review.
- IV. Coaches foundation is CONNECTIVITY and COMPETENCE.
- V. What's the process? Prepare, Execute, and Review. Rinse. Repeat. The never ending cycle of building skill, the mind (Baseball IQ), and real confidence. Ultimate goal is impact the player first and improve performance!
- VI. Training skills and decision points.
  - A. Train to the truth and progression training.
  - B. Progress from skill work to application and game speed.
  - C. Respect your Prep so they must Respect the Rep. (Prepare, Execute, Review)
  - D. No groundhog days.
  - E. Challenging training. Players will bring the focus and intent commensurate with the environment or work that is set up.
  - F. Use of pressure/stress in gaining skills that transfer.
- VII. Skills progression and Grills (game like drills) From Zoo to Jungle.
  - A. Defensive skills work.
  - B. Baserunning skill work.
  - C. Get 'em in the Jungle (Combining defense and baserunning).
  - D. Training the 15 seconds.
  - E. Offensive progression to develop hitter.
  - F. Pitching progression.
- VIII. See every day through the lens of what does the individual need?  
What does the team need?

# IMPROVE THE WAY YOU TRAIN HITTERS

## NEW PRODUCTS

### SMASH FACTOR BALLS

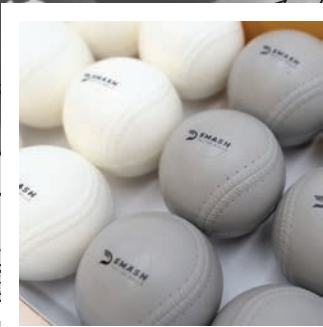
Train high velo without the hurt hands or broken bats. These 3oz soft foam balls closely mimic the flight of an actual baseball out of a machine.

Ages 8U+

### HACKING THE KINETIC CHAIN: HITTING

A roadmap for developing complete hitters. This training manual and digital library outlines a complete philosophy and step-by-step training approach for building hitters that can know their approach, see their pitch and do damage.

Ages 12U+







## ELTON POLLOCK Presbyterian College

### Lingo Matters: Developing Independent Hitters Who Can Adjust

#### INTRODUCTION

- I. Readiness & Availability (Pinch Hitting)
- II. Personal Transformation
- III. Offensive Goal
  - Spin the Baseball
- IV. Offensive Approach
  - Dominate the Fastball
  - “Margin For Error” Approach
- V. Offensive Roles

#### LINGO MATTERS

- I. Approach Lingo (Conditioning the Mind)
  - “SEE THE BASEBALL”
  - “Yes ‘Til It’s No”
- II. Mechanics Lingo (Building the Foundation)
  - Load & Stride Timing
  - Get to a **“Great Place to Hit”**
  - Stay in your legs; Be athletic; **“Crush the Ground”**
- III. Swing Lingo (Perfecting the Hack)
  - Stay **“Connected”**
  - **Initial Move**
  - **“HIT THE LIQ”**—Lower Inner Quadrant
  - **“Second Ball” Mentality**
  - **“Stick Your Finish”**

#### DEVELOPING THE INDEPENDENT HITTER

- I. Understanding Load & Stride Timing
- II. Tees
- III. Front Feeds
- IV. Machine BP
- V. BP
- VI. Live Sessions (Testing the Foundation)

#### THE TIE THAT BINDS

- I. Connecting the Dots & Building Trust (Coaches, Instructors, & Teachers)
- II. Independent Hitters Who Can Adjust (Confidence & Baselines Established)

V1 SPORTS 



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[anthony.medaglia@v1sports.com](mailto:anthony.medaglia@v1sports.com)

[V1Sports.com](http://V1Sports.com)



## **NATHAN HEMPHILL**

### **PSP<sup>3</sup>**

# **No Strength Coach, No Problem: An Approach to Strength & Conditioning for Your Baseball Athletes**

I. Introduction

II. Movement Issues in Baseball Players: Address to Maximize Performance

III. Velocity Gains in The Weight Room: Baseball Specific MB Drills

IV. The In-Season Approach: How to Navigate the Season to Stay Strong & Healthy

V. Recovery: Even A Ferrari Needs Tune Ups

VI. Final Thoughts

# Baseball CoachesInsider **+Plus**

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On-Demand



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▶ Only \$99 / Year

## NEW Baseball Clinics Added!

- 2023 THSBCA Convention (coming early 2023)
- 2022 I-70 Baseball Coaches Clinic
- 2022 Houston Baseball On-Field Clinic
- 2022 San Antonio Baseball On-Field Clinic
- 2022 Lubbock Baseball On-Field Clinic
- 2022 Dallas Baseball On-Field Clinic

Stream TODAY!





**GREG MAMULA**  
**University of Delaware**  
Developing Our Offensive Identity Through BP

- I. Team Offensive Identity
  - A. Growth Over Goals
  - B. Identity at First Day of Practice
  - C. Identity on Opening Day
  - D. Identity at End of Season
  
- II. Individual Offensive Identities
  - A. Self-Awareness
  - B. Utilizing Present Strengths
  - C. Improving Deficiencies and Developing Future Strengths
  
- III. Using BP to Develop Our Team and Individual Identities
  - A. Muscle Memory: We Don't Rise to the Occasion, We Fall Back to Our Training
  - B. Absolutes and Identity are Reflected In BP
  - C. BP More Difficult Than the Game
  - D. Hitters Become Like Those Around Them
  - E. Competitive BP and Charted BP
  
- IV. Equipped to Win Every At-Bat Through BP
  - A. Approaches
  - B. Adjustments
  - C. Situational Hitting and Bunting
  - D. Prepared for Every Pitcher
  - E. Prepared to Deal with Adversity

mamula@udel.edu // Twitter: @CoachMamsUD



## **DEREK WOODLEY**

### **Defiance College**

#### **Developing Habits Through Catching Drill Progressions**

##### **I. Introduction**

- A. The Investment into Catcher Development
- B. Create an Environment of Growth
- C. Create Opportunities for Development - Be Creative

##### **II. Practice vs. Training**

- A. What is the Purpose?
- B. Habits Defined
- C. Habit and Routine Development

##### **III. Development of Drill Progressions**

- A. Simple to Complex - Build Confidence First, Then Create Difficulty
- B. Create Chaos - F.I.O.- Above Game Speed
- C. Understanding the Priorities

##### **IV. Receiving Drill Progressions**

##### **V. Blocking Drill Progressions**

##### **VI. Exchange, Footwork, and Throwing Drill Progressions**

##### **VII. Combo/Simulation Drills**

##### **VIII. Conclusion**

- A. Make Catcher Development a Priority
- B. Use of Constraints - Make it Challenging - Promote Self Discovery
- C. Use the Resources Available
- D. Be Intentional

Cell: (419) 906-0373 // [dwoodley@defiance.edu](mailto:dwoodley@defiance.edu) // Twitter: @CoachWoods16



## JIM CHESTER Gardner-Webb University

### Developing an Elite First Baseman: Skills and Drills for a Neglected Position

#### I. Finding The Right One

- a. Athletic
- b. Flexible
- c. Ball Handler

#### II. Positioning

- a. Straight Up
- b. Pull Righty
- c. Lefty [Speed]
- d. Righty [Speed]
- e. Pull Lefty
- f. No Doubles

#### III. Footwork

- a. Divide the Field Into 3 Zones
- b. Zone 1 [Left Side of Diamond]
- c. Zone 2 [SS-2B-MIF]
- d. Zone 3 [2B-4hole]

#### IV. Receiving + Picks

- a. Anticipate a Bad Throw
- b. Athletic → Wide
- c. Last Second Stretch
- d. Half Circle
- e. Open Glove vs. Back Hand

#### V. Tags

- a. Picks [Mound]
- b. Backpicks
- c. Wild Throw – Tag Runner

#### VI. Double Play Feeds + Footwork

- a. Angle Throw – No Down Angle!
- b. Man on 1st
- c. Men on 1st + 2nd

#### VII. Cut Throws and Communication

- a. Angle Throw – Over the Top
- b. Positioning
- c. Long Hop or No Hop
- d. Understanding the Field | Play

#### VIII. Zones + Coverage

- a. Ground Ball Zone | Priorities
- b. Fly Ball Zone | Priorities

#### IX. Bunt Coverage

- a. Angle Throw – Low | 3/4
- b. Men on 1st and 2nd | Priorities
- c. Safety + Suicide Squeeze

#### X. Feeds to Pitcher

- a. Flip
- b. Dart

#### XI. Trailing Runners on Extra-Base Hit

- a. Positioning
- b. Wide Turn
- c. Throw Behind

#### XII. Miscellaneous

- a. Throwing Program
- b. Covering Home on Switch Play
- c. Early Break Throw
- d. Wild Pitch Positioning
- e. Away Field Assessment



**BUTCH CHAFFIN**  
**Cookeville High School (TN)**  
Hitting: Using Verbal Cues to Fix Flaws

- I. The Story of the Topic
- II. The 45 Flaws – The List
- III. Teaching Points vs. Coaching Points
- IV. The Goal of Hitting
  - A. Be Easy
  - B. Find Barrel
  - C. Match Plane
- V. “Being On Time” Explained
- VI. The Big Lie!!!
- VII. The Objective of Every Hitter
- VIII. Common Hitting Flaws Exposed
- IX. Verbal Cues
- X. Common Fixes
- XI. Favorite Hitting Drills
- XII. Least Favorite Hitting Drills
- XIII. Best Hitting Drill Ever





**DAN SKIRKA**  
**Murray State University**  
Racer Infield Drills and Competitions

Philosophy & Expectations

Throwing Drills

Fungo Drills

Hack Attack Drills

Wall Ball/Toss Back

Individual Work

Partner Work

1B Drills

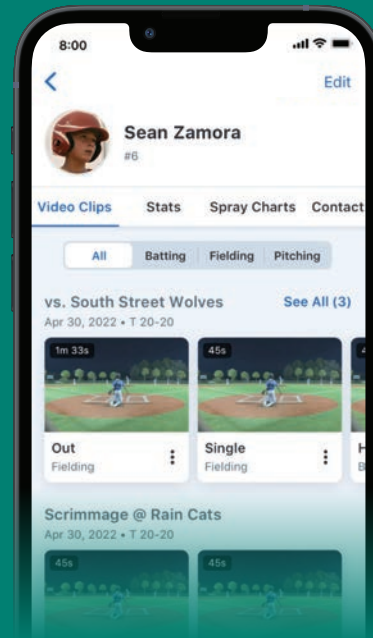
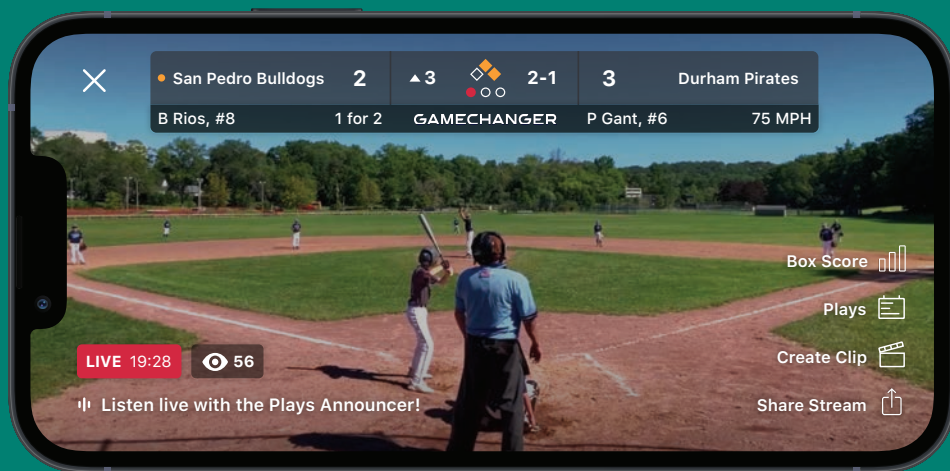
Competitions

COME SEE US  
AT BOOTH 255!



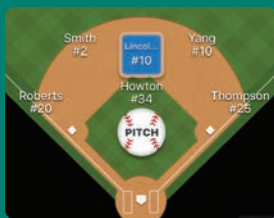
Proud Sponsor of the ABCA  
Youth Coaches Session

# Stream. Score. Connect.



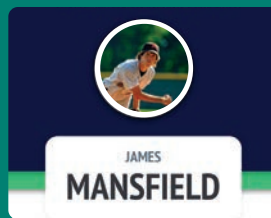
## Live Video Features

- Stream and watch games live
- Scoreboard integration
- Audience controls
- View and share live streams on the web
- Video Archives
- Automatic highlight clipping



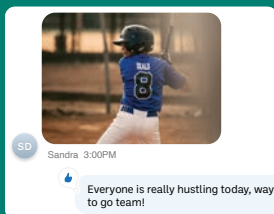
## Scorekeeping

- 150+ season stats
- Batting & pitching spray charts
- Set starting lineups ahead of time
- Pitch Count Tracking & reporting
- Track pitch velocity



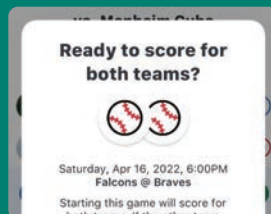
## Athlete Profiles

- Customizable Athlete bio
- Add your best clips to share with friends, family, and coaches
- Share with anyone!



## Team Management

- Messaging & alerts
- Scheduling & calendar sync
- Photo sharing
- RSVPs



## Organizations

- Head to Head scorekeeping
- 3rd party scorekeeping
- Standings
- Game results in schedule

[gc.com/home/baseball](https://gc.com/home/baseball)





# ABCA Youth Coaches Session

Presented by GameChanger

Presidential Ballroom • Gaylord Opryland



GAMECHANGER™  
BY DICK'S SPORTING GOODS

## Friday, January 6, 2023

- 9:30 a.m. **Matt Imhof, Retired Professional Player**  
How Baseball Prepared Me for a Life Without It
- 10:10 a.m. **Jake Lindmeier, Brookhaven College**  
Don't Forget Us! Catching Development Without a Catching Coach
- 10:50 a.m. **Bianca Smith, Boston Red Sox**  
Baseball Beyond the Long Ball: Reviving the Lost Art of the Small Ball Strategy
- 11:30 a.m. **Lunch Break - Visit the Food Court inside the ABCA Trade Show!**
- 12:30 p.m. **Roberto Mercado, Baltimore Orioles**  
From Youth, High School to High-A: Practice Design Ideas
- 1:10 p.m. **Rachel Balkovec, New York Yankees**  
The Competitive Cauldron: Culture Drills for Hitting Coaches
- This Main Clinic Hall Presentation will be live streamed in the Youth Coaches Session.*
- 2:00 p.m. **Dr. Scott Brooks, Arizona State University**  
How to Bake Diversity, Equity and Inclusion into Your Program
- 2:40 p.m. **Jeff Petty, Canes Baseball**  
Building and Sustaining Your Organization
- 3:20 p.m. **Nate Trosky, Trosky Baseball**  
Building Elite, Athletic Throwers with Plus Command (Emphasis on Infield)

## Saturday, January 7, 2023

- 9:30 a.m. **Hannah Huesman, Texas Rangers**  
Where Do We Even Begin? The Fundamentals of How to Start a Mental Performance Program for Your Team
- 10:10 a.m. **Dr. Erik Korem, AIM7**  
Building Adaptive Capacity to Reach Your Performance Potential
- 10:50 a.m. **Zach Casto, University of Charleston**  
Building the Outfielder with the Six Fundamentals of Outfield Play
- 11:30 a.m. **Lunch Break - Visit the Food Court inside the ABCA Trade Show!**
- 12:30 p.m. **Bill Decker, Harvard University**  
Youth Practice Planning: Educational Playground Effect
- 1:10 p.m. **Chris Hawkins, Normal West High School (IL)**  
Coaching in Four Dimensions: Heart, Mind, Body & Soul
- 1:50 p.m. **Jason Mills, D.H. Conley High School (NC)**  
Little Things Create Great Throwing Habits
- 2:30 p.m. **Chris Romano, MiLB Strength Coach**  
Addressing Myths about Youth Athletic Development

## Post-Clinic Q&A Sessions

Following each presentation, a Post-Clinic Question & Answer Session presented by PBR Tournament Facilities will be held in Presidential Chamber A.



All current ABCA members have access to more than 500 clinic videos on [www.ABCA.org](http://www.ABCA.org) and in the My ABCA mobile app! The videos from the 2023 Convention in Nashville will be released to attendees by February 1.



**MATT IMHOF**  
**Retired Professional Player**  
How Baseball Prepared Me for a Life Without It

I. Introduction

- a. Background
- b. Youth to High School

II. D1 Recruitment – Cal Poly Years

- a. Freshman Year
- b. Sophomore Year
- c. Junior Year

III. Draft

- a. Success...Had I Made It?
- b. Confidence vs Overconfidence – Where is the Line?
- c. Spiral – Physical Struggle Leads to Mental Struggle

IV. Injury

- a. What Happened?
- b. Where Do I Go from Here?
  - i. Initial Reactions
  - ii. Authenticity
  - iii. Spark
  - iv. Choices

V. Post injury

- a. Turning to What I knew...Baseball
  - i. Confidence
  - ii. One Pitch at a Time
  - iii. Control what you can control
  - iv. Job's Not Done
- b. Struggle to Normalcy

VI. Full Circle

- a. Authentic
- b. It's a Choice
- c. Daily



## JAKE LINDMEIER Brookhaven College

### Don't Forget Us! Catching Development Without a Catching Coach

#### The Musts

- Catch the Ball
- Limit the Extra Bases
- Control the Staff
- Befriend the Umpire

#### Setups

- Be grounded have leverage both ways
- Use the "triangles"
- 60/40 until 2k

#### Receiving

- Thumb Down vs. Thumb Up
- Attack, Extension vs. Flexion
- Listen but Don't
  - Drills: 1) Rollouts 2) X angles 3) Pop backs

#### Blocking

- Center the ball to body, not back to middle
- Keep throwing hand protected
- Be a Pillow
  - Drills: 1) Frog Blocks 2) Live BIDs 3) Infield Work 4) Decision Making Bullpens

#### Throwing/Transfer

- Know the clap
- Race to .7
- Have multiples (drop step, gain ground, power step, rock and fire, KD)
  - Drills: 1) 2KD Progression 2) 70/110/Bag/150 3) Glove taps

#### The Warm Up

- Pitcher Type Warmup
- Plyos/JBands
- Hip Mobility
- Find your Routine

#### The Game

- Verbal/Non-Verbal Communication
- Catcher/Umpire Relationship
- What matters this pitch?



**BIANCA SMITH**  
**Boston Red Sox**

**Baseball Beyond the Long Ball: Reviving the Lost Art of the Small Ball Strategy**

1. What is the Job of the Baserunner? What is the Job of the Hitter?
2. H to 1B
  - a. Straight Through
  - b. Clear Single
3. H to 2B
4. @ 1B
  - a. Getting back to 1B
  - b. 1B to 2B
  - c. 1B to 3B
5. @ 2B
  - a. 2B to 3B
  - b. 2B to H
6. @ 3B
7. Multiple Baserunners
  - a. 1B and 2B
  - b. 1B and 3B
  - c. 2B and 3B
8. Stealing
  - a. Straight Steal
  - b. Delayed Steal
9. H&R
10. Reads
  - a. Groundballs
  - b. Flyballs, Sac Flies
  - c. Line Drives
11. Opportunities to Advance
  - a. Dirt Balls
  - b. Passed Balls
  - c. Blocks
12. Foul Balls
13. Backside Advance
14. Slides vs Dives
15. Rundowns
16. Always Look for the Extra Base
17. Take Away the Fear of Failure
18. Stay Aware, Know the Situation
19. The Value of Small Ball



## **ROBERTO MERCADO** **Baltimore Orioles**

### From Youth, High School to High-A: Practice Design Ideas

1. Practice Plan...How do we create it?
2. Who, where, what's, when and what.
3. Practice plan samples from high school and professional baseball.
4. How do we evaluate it?
5. Prepare for the unexpected.
6. Different ideas to add to your practice.
7. Bonus: Situational baseball and what to do? Analytics and having feel.



## RACHEL BALKOVEC

### New York Yankees

#### The Competitive Cauldron: Culture Drills for Hitting Coaches

- A. Origins: Where did I Get this Idea?
  - a. Dean Smith: UNC Basketball 1961-1997
  - b. Anson Dorrance: UNC Soccer 1979-Present
  - c. Me: Astros 2016, Yankees 2022
  
- B. Why does this work EVERY time?
  - a. Psychology of Peer Pressure
  - b. “Tribal” Tendencies
  - c. Playing to Gen Z’s Strengths/Weaknesses
  
- C. Structuring the ‘Culture Drill’
  - a. Small Societies
  - b. Captains
  - c. Finite Timeline
  - d. Competitions
  - e. Points (Positive & Negative)
  - f. Rewards
  
- D. Small Societies: Creating Tribes within the Tribe
  - a. Pick teams by character
  - b. Separate the losing mentalities
  - c. Assign captains and co-captains
  
- E. Finite Timeline: Micro Goals
  - a. Winning a Championship takes too long
  - b. Attention Span Hacks
  - c. Can’t Talk Trash to Air
  
- F. Points / Rewards
  - a. Must have ‘negative’ points
  - b. Visible Point Board Travels EVERYWHERE
  - c. Rewards: ‘Instant Gratification’
  
- G. Application to Hitting Drills
  - a. Power
  - b. Situational
  - c. Plate Discipline
  - d. Strength/Conditioning





**JEFF PETTY**  
**Canes Baseball**  
Building and Sustaining Your Organization

- I. Program Growth 2005-2023
  - a. GM, Director of Operations, Director of Player Development, Director of College Recruiting & Regional Directors
  
- II. Building a Culture
  - a. Do what you say you are going to do! HONESTY
  - b. Dealing with College Coaches, Scouts, Umpires, Field Rentals, Players, Other Travel Organizations, Equipment Providers, Tournament Hosts
  
- III. Hiring the Right Coaches
  - a. Relationships with High School Coaches
  - b. Presentation on Field (How you look)
  - c. Coaches Conduct
  - d. Dealing with Parents
  - e. Take care of your coaches
  - f. Let them do their job
  
- IV. Dealing with Families & Players
  - a. Honesty about evaluation
  - b. Recruitment process
  - c. Honesty about team placement in your organization
  - d. Accurate statistics & measurable data
  - e. Player Development
  
- V. Going the extra mile
  - a. Social Media
  - b. Equipment
  - c. Uniforms
  - d. Curve App
  
- VI. Coaching Canes National



## **NATE TROSKY** **Trosky Baseball**

Building Elite, Athletic Throwers with Plus Command (Emphasis on Infield)

1. Building

2. Elite

3. Athletic Throwers

4. Plus Command



## HANNAH HUESMAN

### Texas Rangers

Where Do We Even Begin? The Fundamentals of How to Start  
a Mental Performance Program for Your Team

#### 3 Do's

1. Make it a part of your daily routine
2. Model Behavior
3. Plant Seeds

#### 3 Don'ts

1. Talk about it without being about it
2. Make it cookie cutter
3. Stigmatize it

#### 3 Practices to Start With

1. How to Build Awareness
2. How to Talk to Yourself
3. How to Handle Failure



## DR. ERIK KOREM

### AIM7

## Building Adaptive Capacity to Reach Your Performance Potential

1. Why are we in a burnout culture?
2. What is Stress?
3. What are Stressors?
4. The Truth about Stress
5. The Stress Continuum
6. Allostasis
7. Allostatic Load
8. Five Pillars for Building Adaptive Capacity
  1. Actionable Tools and Strategies



## ZACH CASTO University of Charleston

### Building the Outfielder with the Six Fundamentals of Outfield Play

#### **The Dynamics of a Strong Foundation**

- It starts at the top. The importance of a strong staff with transparent communication.
- Understanding the athlete is paramount. Know their background, how they learn best, personality.

#### **Why 6 F's?**

- Inspiration behind it.
- Easy to use from Little League to Professional Baseball.

#### **In the Box Plays**

- What are they?

#### **Out of the Box Plays**

- What are they?

#### **What are the 6 F's?**

- Discussing the 6 F's

#### **Before the 6 F's**

- Play a play ahead.
- Use B, R, S, I.

#### **Feet**

- Proper timing and footing.
- Glove presentation.

#### **Find**

- Importance of reading swings and the strike zone.

#### **First Three Steps**

- The first three steps are crucial for a play to be made.

#### **Field**

- Different catch styles depending on the situation.
- Ground ball fundamentals and fly ball fundamentals.

#### **Fire and Follow Through**

- Importance of a four-seam grip, quality transfer, and good throwing fundamentals.
- Throwing rules.

#### **Drills**



## **BILL DECKER** **Harvard University**

### **Youth Practice Planning: Educational Playground Effect**

- I. Introduction – The Practice Plan
  - Skill work with repetition - rhythm, balance, body control
  - First gear is ok
  - Short-term vs. Long term
  - Quality Control
- II. Goals
  - Create a welcoming venue
  - Keep things moving with progression - imitation is the greatest form of flattery
  - 90-minute classroom 2-3 times per week PLUS
  - 5x12 > 60x1 (Homework – OYO)
- III. Throwing/Catch Play
  - Getting Started
  - Receiving
  - Basic Lead-ups
  - Points of Emphasis
- IV. Defending the Diamond
  - Glove Drills
  - Throwing Drills
  - Miscellaneous
  - OF Play
- V. Let's Hit
  - Getting started
  - 1-2-3-4
  - Drills – KISS
- VI. Baserunning
  - Getting out of the box
  - Starts, reading the baseball, picking up coaches
- VII. Pitching
  - Train them all
  - Just Play Catch
- VIII. Practice Format
  - Individual/small group
  - Combine practices
- IX. Fun Factor
  - KEEP THEM COMING BACK

Bill Decker // Head Coach, Harvard University // [wdecker@fas.harvard.edu](mailto:wdecker@fas.harvard.edu)



**CHRIS HAWKINS**  
**Normal West High School (IL)**  
Coaching in Four Dimensions: Heart, Mind, Body & Soul

I. Introduction & Background

- A. My Background
- B. My Inspirations

II. Heart

- A. Define
- B. Develop

III. Mind

- A. Define
- B. Develop

IV. Body

- A. Define
- B. Develop

V. Soul

- A. Define
- B. Develop

VI. Closing



**JASON MILLS**  
**D.H. Conley High School (NC)**  
Little Things Create Great Throwing Habits

I. Coach's Responsibility

- A. How to Organize Throwing Program
- B. What a Good Program Looks Like

II. Starting at the Bottom - Don't Let the Start Destroy the Delivery

- A. Proper Footwork for Long Toss
- B. Stress Weight on Heel - Kill the Drift
- C. Proper Positioning on the Pitching Rubber

III. The Athletic Power Position

- A. How to Get to a Great Coil Position
- B. What does it mean to be Athletic?
- C. The Hip, the Front Foot and Why

IV. The Upper Half and What Should it be Doing

- A. Proper Separation and How Do we Fix It
- B. The Back Shoulder and How it is the Most Important Thing

V. The Head Relationship to the Arm

- A. Where is the Optimum Arm Slot?
- B. How Do I Keep the Head Still?

VI. Summary





**CHRIS ROMANO**  
**MiLB Strength Coach**  
Addressing Myths About Youth Athletic Development

**Introduction**

**Weight Training will stunt growth**

- History behind the myth
- Initial research debunking the myth
- Current position statements and common sense

**Pitchers need to run to flush out lactic acid that builds up from pitching**

- Using science to understand why the lactic acid build up is not possible
- Understanding the energy systems (anaerobic and aerobic) and how they're involved in baseball
- How pitchers should be conditioning to maximize their performance and recovery

**Lifting on game day will hurt performance**

- How can lifting appropriately on game day help performance for position players
- Why due to scheduling lifting on game day is necessary for developing the necessary physiological adaptations
- Building an appropriate lifting schedule for pitchers



**The Inaugural Meeting, June 29, 1945. Front Row (left to right):** John H. Kobs, Michigan State; William V. McCarthy, New York University; Robert A. Rolfe, Yale; Ray L. Fisher, Michigan; Everett D. Barnes, Colgate; George K. James, Cornell; Robert B. Martie; John F. Coffey, Fordham; Joseph Bedenk, Penn State; Emerson Dickman Jr., U.S. Merchant Marine. **Back Row (left to right):** Albert D. Riopel, Holy Cross; Henry R. Hodge, Clarkson; Max F. Bishop, U.S. Naval Academy; Robert H. Dunn, Swarthmore; Howard A. Hobson, Oregon; Dan E. Jessee, Trinity; Louis A. Alexander, Rochester; Capt. Paul J. Amen, U.S. Military Academy; L.W. Whitford, Iowa State; John W. Gill, Western Michigan; Walter Roettger, Illinois; Charles W. Ward, Rutgers. **Not Pictured:** E.F. Caraway, Lehigh; William B. Cook, Manhattan; Thomas J. Harrington, Brooklyn; Horace J. Henderson, Pennsylvania; William E. Reaser, Lafayette; Forest Wyatt, Lynchburg.

## History of the American Baseball Coaches Association

In 1945, a group of college baseball coaches gathered in New York City to formulate ideas for the promotion and improvement of the collegiate game. Eppy Barnes of Colgate University and Joe Bedenk of Penn State University originated the idea that college baseball needed organization and direction. Prior to 1945, a survey revealed that only one-third of the more than 600 colleges were playing baseball. More than 140 coaches responded to the survey approving the formation of a college baseball coaching organization.

The organization is now hosting its 79th ABCA Convention!

The first meeting was held at the New York Athletic Club on June 29, 1945. Twenty-seven coaches were in attendance. Presentations were made urging college coaches to organize so they could better promote the game, help gather national statistics and cooperate with professional baseball. Former college coach and President of the Brooklyn Dodgers Branch Rickey was one of the speakers. It was determined that a constitution would be written.

The new organization was to be named the American Association of College Baseball Coaches (AACBC). The founding fathers decided to hold annual meetings (conventions).

In January 1946 in the city of St. Louis, the second convention of the AACBC was held with approximately 60 members in attendance. Items of discussion included: All-America teams, a playoff system, promoting the game, creation of conferences and leagues, and problems with early signings by professional baseball.

The Association was instrumental in the creation of the College World Series. The first AACBC College World Series was held in June of 1947 at Western Michigan University in Kalamazoo, Michigan. It was a two-team series with the University of California defeating Yale University the first two games of a two-out-of-three series. The next year the AACBC

requested \$5,000 from the NCAA to operate the CWS, which was also held in Kalamazoo. In 1949, the AACBC expanded the tournament to four teams and the series moved to Wichita, Kansas. The College World Series moved to Omaha in 1950, where it has been held ever since, and eight teams were involved. Today the CWS is conducted by the NCAA, but the Association continues to attend and assist in any way possible.

In 1949, the Association established its first All-America team. The program was expanded over time and, today, the annual ABCA/Rawlings All-America and Gold Glove teams are selected in 11 divisions of college and high school.

By 1980, the AACBC's membership had broadened significantly to include more than just college coaches. At the January 1981 convention held in Miami, the membership voted to change the name of the Association to the present name: the American Baseball Coaches Association (ABCA).

Prior to 1983, the Association's governing body was known as the Executive Committee. In 1983, the ABCA Board of Directors was formed. The Board establishes general policy, directs the business and affairs of the Association, is responsible for Constitution/By-Law Amendments, and in general, governs the Association. The Board consists of all past presidents, the current president and vice presidents of the ABCA, and three members of the Executive Committee.

The ABCA has had five full-time Executive Directors: Lee Eilbracht (1978-87), Jerry Miles (1987-91), Dick Bergquist (1991-94), Dave Keilitz (1994-2014) and Craig Keilitz (2014-present).

Since those early years, the Association has grown to more than 13,000 members with members from more than 20 different countries. The 2020 Convention in Nashville was the largest ever, with 7,100 coaches, unless this year's Convention surpasses that total!

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**We hope to see you in  
Dallas for the  
80th ABCA Convention!**

**2024 ABCA Convention**  
January 4-7, 2024 – Dallas, TX

**2027 ABCA Convention**  
January 7-10, 2027 – Chicago, IL

**2025 ABCA Convention**  
January 2-5, 2025 – Washington, D.C.

**2028 ABCA Convention**  
January 6-9, 2028 – Nashville, TN

**2026 ABCA Convention**  
January 8-11, 2026 – Las Vegas, NV

**2029 ABCA Convention**  
January 4-7, 2029 – Washington, D.C.



The American Baseball Coaches Association  
wishes to acknowledge and thank ATEC  
for its sponsorship of the ABCA clinics.