

Clinic Sessions  
Presented By:



## Official Program & Clinic Speaker Outlines

Gaylord Texan Resort & Convention Center  
January 4-7, 2024 • Dallas, Texas

AMERICAN BASEBALL COACHES ASSOCIATION

[www.ABCA.org](http://www.ABCA.org)

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#ABCA2024

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# Program & Clinic Outlines

## 80th ABCA CONVENTION

### January 4-7, 2024

## Clinic Outline Directory

Pg.	Speaker
<b>Friday Clinic Speakers</b>	
29	Jay Johnson, LSU
31	Darin Everson, New York Mets
33	Dr. Joseph LaPlaca, Ares Elite Sports Vision
35	Andy Stankiewicz, USC
37	Brian Bannister, Chicago White Sox
39	Mike Curran, Ohlone College
41	Bob Kendrick, Negro Leagues Baseball Museum
43	Dave Esquer, Stanford University
45	Jerry Weinstein, Colorado Rockies
<b>Saturday Clinic Speakers</b>	
47	John Savage, UCLA
49	Nathan Whitaker, Bestselling Author
51	Matt Talarico, New York Yankees
53	Bill Mosiello, Ohio State University
55	Todd Fitz-Gerald, Stoneman Douglas H.S.
57	Zach Sorenson, Atlanta Braves
59	Mike Gambino, Penn State University
61	Blake Beemer, Butler University
63	H.R. Powell, University of Miami
65	T.J. Bruce, TCU
<b>Sunday Clinic Speakers</b>	
67	Nick Derba, University of Maine
69	Ron Siers, Salisbury University
71	Jeff Sherman, Flower Mound Marcus H.S.
73	Kevin Brooks, Angelo State University

Create your agenda in the My ABCA Mobile App!

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## Youth Session Outlines

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77	Connor Gandossy, Creighton University
79	Zach Dillon, Baylor University
81	Tracy Hayes, Amplified Movement
83	Drew Briese, Centre College/USA Baseball
85	Bucky Mieras, West Metro Baseball (MN)
87	Alan Orgain, LSU Eunice
89	Logan Stout, Dallas Patriots
91	Jordan Baltimore, New York Empire
93	Austin Byler, Major League University
95	Jason Corley, Capitol Hill High School
96	Anthony Gilich, Arizona State University
97	RJ Farrell, Orange Lutheran H.S./USA Baseball
98	Beth Woerner, Lebanon Valley College
99	Tyler Kincaid, Blue Valley Southwest High School

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!



# ARTIFICIAL INTELLIGENCE *REAL RESULTS*



*Utilizing a game changing revolutionary technology, the Mach AI bat franchise has generative design developed by a super computer that simulates thousands of inner wall variations to create a finely tuned barrel that is perfected quarter inch by quarter inch. A 3/4" carbon composite end cap allows this bat to distribute the swing weight over the handle and taper to create an unmatched balance while maintaining ultimate performance.*



# 2024 Convention Schedule

All events are in the Gaylord Texan Resort & Convention Center.

## Thursday, January 4, 2024

10:00 a.m. – 7:00 p.m.	Member Check In <i>presented by Traveling Teams</i>	Longhorn Pre-Function
1:00 p.m. – 6:00 p.m.	Committee Meetings	See Page 7
1:00 p.m. – 6:00 p.m.	ABCA Trade Show	Longhorn Exhibit Hall
1:15 p.m. – 5:40 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Center Pre-Function
6:30 p.m. – 9:00 p.m.	Coaches' Divisional Meetings	See Page 7
9:00 p.m. – 10:30 p.m.	Fellowship of Christian Athletes Coaches Huddle	Fort Worth 2
9:00 p.m. – 11:00 p.m.	Rookie Coaches Mentorship <i>presented by The Marines</i>	Grapevine Ballroom C

## Friday, January 5, 2024

7:00 a.m. – 4:30 p.m.	Member Check In <i>presented by Traveling Teams</i>	Longhorn Pre-Function
8:30 a.m. – 4:00 p.m.	Clinics <i>presented by Wilson/ATEC</i>	Texas Ballroom
9:30 a.m. – 11:00 a.m.	Wives Breakfast	Tate Ballroom
9:30 a.m. – 4:10 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	Grapevine Ballroom A
9:40 a.m. – 4:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Dallas 7
9:45 a.m. – 3:40 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Center Pre-Function
10:00 a.m. – 3:00 p.m.	ABCA Trade Show	Longhorn Exhibit Hall
10:10 a.m. – 4:40 p.m.	Youth Session Q&A	Fort Worth 7
4:30 p.m. – 6:00 p.m.	ABCA Coaches Social in the Trade Show	Longhorn Exhibit Hall
6:30 p.m. – 9:30 p.m.	Hall of Fame Banquet <i>presented by C&amp;H Baseball</i>	Tate Ballroom
9:00 p.m. – 10:30 p.m.	Fellowship of Christian Athletes Coaches Huddle	Fort Worth 2
9:00 p.m. – 10:45 p.m.	Pitching Hot Stove Panel Discussion	Grapevine Ballroom C
9:00 p.m. – 10:45 p.m.	Outfield Play Hot Stove Panel Discussion	Grapevine Ballroom A

## Saturday, January 6, 2024

6:30 a.m. – 7:30 a.m.	Battles Won Workout <i>with The Marines</i>	Escondido 1
7:00 a.m. – 2:00 p.m.	Member Registration & Check In <i>presented by Traveling Teams</i>	Longhorn Pre-Function
7:00 a.m. – 8:30 a.m.	Fellowship of Christian Athletes Breakfast	Tate Ballroom
8:30 a.m. – 4:40 p.m.	Clinics <i>presented by Wilson/ATEC</i>	Texas Ballroom
9:00 a.m. – 2:00 p.m.	ABCA Trade Show	Longhorn Exhibit Hall
9:15 a.m. – 2:00 p.m.	Expo Theater Presentations	Center Pre-Function
9:10 a.m. – 4:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Dallas 7
9:30 a.m. – 12:30 p.m.	Diversity in Baseball Committee Workshops	San Antonio 6
9:30 a.m. – 3:10 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	Grapevine Ballroom A
10:10 a.m. – 3:40 p.m.	Youth Session Q&A	Fort Worth 7
5:00 p.m. – 6:45 p.m.	Baserunning Hot Stove Panel Discussion	Grapevine C
5:00 p.m. – 6:45 p.m.	Leadership Hot Stove Panel Discussion	Grapevine A
5:30 p.m. – 6:15 p.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches &amp; Athletes</i>	San Antonio 6
7:00 p.m. – 8:45 p.m.	Strength & Conditioning Hot Stove Panel Discussion	Grapevine Ballroom C
7:00 p.m. – 8:45 p.m.	Hitting Hot Stove Panel Discussion	Grapevine Ballroom A
9:00 p.m. – 10:30 p.m.	Fellowship of Christian Athletes Coaches Huddle	Fort Worth 2
9:00 p.m. – 10:45 p.m.	Infield Play Hot Stove Panel Discussion	Grapevine Ballroom C
9:00 p.m. – 10:45 p.m.	Catching Hot Stove Panel Discussion	Grapevine Ballroom A

## Sunday, January 7, 2024

7:30 a.m. – 8:15 a.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches &amp; Athletes</i>	San Antonio 6
8:30 a.m. – 11:10 a.m.	Clinics <i>presented by Wilson/ATEC</i>	Texas Ballroom
9:10 a.m. – 11:40 a.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Dallas 7



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# ABCA CLINIC SCHEDULE

Clinics presented by Wilson/ATEC



## Friday, January 5, 2024

- 8:30 a.m. **Introduction, Awards Presentation & Leadoff Jay Johnson, LSU**  
Building a Championship Program
- 9:40 a.m. **Darin Everson, New York Mets**  
A Systematic Approach to Develop Hitters' In-Game Performance
- 10:20 a.m. **Dr. Joseph LaPlaca, Ares Elite Sports Vision**  
Seeing Is Winning, But Who's Looking? The Fatal Mistake of Ignoring Vision
- 11:00 a.m. **Andy Stankiewicz, USC**  
Twin Killing: Double Play Feeds and Pivots
- 11:40 a.m. **Lunch Break** – Concessions are available outside the ABCA Trade Show and by the Expo Theater!
- 12:40 p.m. **Brian Bannister, Chicago White Sox**  
Valuing Absolute vs. Relative Attributes of Pitchers
- 1:20 p.m. **Mike Curran, Ohlone College**  
Creative Strategies to Induce Chaos and Improve Offensive Run Production
- 2:00 p.m. **Bob Kendrick, Negro Leagues Baseball Museum**  
How the Negro Leagues Changed Baseball and Our Country
- 2:40 p.m. **Dave Esquer, Stanford University**  
Coaching Culture – The Locker Room and Coach's Room of Today
- 3:20 p.m. **Jerry Weinstein, Colorado Rockies**  
Catching Nuggets from 60+ Years of Coaching Catchers
- 4:30 p.m. **ABCA Coaches Social (Exhibit Hall)**
- 6:30 p.m. **ABCA Hall of Fame Banquet**

## Saturday, January 6, 2024

- 8:30 a.m. **John Savage, UCLA**  
Pitching to Win: Essentials of a High-Level Pitcher
- 9:10 a.m. **Nathan Whitaker, Bestselling Author**  
I Am Who My Record Says I Am – And Other Lies I've Loved
- 9:50 a.m. **Coffee Break**

## Saturday, January 6 (continued)

- 10:20 a.m. **Matt Talarico, New York Yankees**  
Lessons From Developing Today's Base Stealer
- 11:00 a.m. **Bill Mosiello, Ohio State University**  
Old School vs. New School Hitting - Adapt or Die
- 11:40 a.m. **Lunch Break** – Concessions are available outside the ABCA Trade Show and by the Expo Theater!
- 12:40 p.m. **Todd Fitz-Gerald, Stoneman Douglas High School**  
Practice the Douglas Way: A Championship Formula
- 1:20 p.m. **Zach Sorenson, Atlanta Braves**  
The Hard 90: How To Prepare, Compete, and Progress in the Mental Game
- 2:00 p.m. **Mike Gambino, Penn State University**  
Indoor Practice Planning: The Space-Time Continuum
- 2:40 p.m. **Blake Beemer, Butler University**  
Covering Ground: Outfield Play from the Northeast to the Southwest
- 3:20 p.m. **H.R. Powell, University of Miami**  
Power Development in Baseball: A Simplistic Approach to Adding MPH and Increasing Exit Velocities
- 4:00 p.m. **T.J. Bruce, TCU**  
What I've Learned: TCU Infield Play

## Sunday, January 7, 2024

- 8:30 a.m. **Nick Derba, University of Maine**  
A Tool Kit to Build and Enhance Your Catchers
- 9:10 a.m. **Ron Siers, Salisbury University**  
Leadership 4.0: Empowering Student-Athletes to Lead for Extraordinary Outcomes While Modeling Exemplary Teammate Characteristics
- 9:50 a.m. **Jeff Sherman, Flower Mound Marcus High School**  
Three Offensive Principles that Translate to REAL In-Game Results
- 10:30 a.m. **Kevin Brooks, Angelo State University**  
Daily Routines for Defensive Dominance

## Post-Clinic Q&A Sessions

Following each presentation, a Question & Answer Session will be held in room Dallas 7. You may exit out the doors on the left side of the Clinic Hall.



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# 2024 Convention Meeting Schedule

All events are in the Gaylord Texan Resort & Convention Center.

## Thursday, January 4, 2024

Time	Committee/Group	Room
8:00 a.m.	NAIA-BCA Raters/Chairs Breakfast	Davis 1
10:30 a.m.	NAIA-BCA Past Presidents	San Saba 4
11:00 a.m.	NJCAA Hall of Fame Committee	Davis 2
11:00 a.m.	ABCA Hall of Fame Veterans Committee	Austin 4
1:00 p.m.	NJCAA Executive Committee	Davis 3
1:00 p.m.	NAIA Rules	High Plains 2
1:00 p.m.	ABCA Ethics Award Committee	San Antonio 1
2:00 p.m.	ABCA Lefty Gomez Award Committee	San Antonio 2
2:00 p.m.	ABCA Competition & Rules Committee	Dallas 3
2:00 p.m.	ABCA Hall of Fame Committee	Dallas 1
2:00 p.m.	ABCA Travel Baseball Committee	Austin 1
2:30 p.m.	NAIA Tournament Procedures	Texoma 1
2:30 p.m.	ABCA High School All-America & Divisional Chairs	San Antonio 3
3:30 p.m.	ABCA Editorial Committee	Fort Worth 1
4:00 p.m.	NAIA Business Caucus	Mesilla 1
4:30 p.m.	ABCA High School Playing Rules Committee	Fort Worth 3
4:00 p.m.	ABCA Youth Baseball & Research Committees	Austin 1
5:15 p.m.	NAIA Conference Meetings	Vineyard Tower

### *Divisional Coaches Meetings - You are encouraged to attend your division's meeting!*

6:30 p.m.	ABCA NCAA Div. I, II & III Rules Meeting	Grapevine Ballroom A
6:30 p.m.	ABCA NAIA Coaches Meeting	Mesilla 2
6:30 p.m.	ABCA NJCAA Coaches Meeting	High Plains 1
	<i>Presented by eTeamSponsor</i>	
6:30 p.m.	ABCA Pacific Association Division Coaches Meeting	San Saba 2
6:30 p.m.	ABCA High School Coaches Meeting	Tate Ballroom A
6:30 p.m.	ABCA Travel & Youth Baseball Coaches Meeting	Tate Ballroom C
	<i>Presented by Team.Shop</i>	
6:30 p.m.	International Coaches Meeting	San Saba 1
7:15 p.m.	ABCA NCAA Div. I Coaches Meeting	Grapevine Ballroom A
7:15 p.m.	ABCA NCAA Div. II Coaches Meeting	Texas Ballroom 1
7:15 p.m.	ABCA NCAA Div. III Coaches Meeting	Grapevine Ballroom C
9:00 p.m.	Rookie Coaches Mentorship Panel	Grapevine Ballroom C
	<i>Presented by The Marines</i>	

## Friday, January 5, 2024

Time	Committee/Group	Room
11:30 a.m.	NAIA-BCA Awards Recognition Luncheon	Yellow Rose Ballroom
6:30 p.m.	Hall of Fame Banquet	Tate Ballroom
	<i>Presented by C&amp;H Baseball</i>	
9:00 p.m.	Pitching Hot Stove Panel Discussion	Grapevine Ballroom C
9:00 p.m.	Outfield Play Hot Stove Panel Discussion	Grapevine Ballroom A

## Saturday, January 6, 2024

Time	Committee/Group	Room
8:00 a.m.	ABCA Diversity in Baseball Committee	Austin 6
9:30 a.m.	Diversity in Baseball Workshops	Austin 6
5:00 p.m.	Baserunning Hot Stove Panel Discussion	Grapevine Ballroom C
5:00 p.m.	Leadership Hot Stove Panel Discussion	Grapevine Ballroom A
7:00 p.m.	Strength & Conditioning Hot Stove Panel Discussion	Grapevine Ballroom C
7:00 p.m.	Hitting Hot Stove Panel Discussion	Grapevine Ballroom A
9:00 p.m.	Infield Play Hot Stove Panel Discussion	Grapevine Ballroom C
9:00 p.m.	Catching Hot Stove Panel Discussion	Grapevine Ballroom A

# HIGH IMPACT FUNDRAISING

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# Expo Theater Presentation Schedule

Expo Theater presented by Hour-A-Thon

GAYLORD TEXAN // LEVEL 3 CENTER PRE-FUNCTION

## Thursday, January 4, 2024

### MaxBP

1:15 p.m. - 1:55 p.m.

*Focusing on the Task with Ryan Harrison*

Ryan Harrison, Sports Vision Performance Trainer, Slow the Game Down; John Buck, former MLB player

### eTeamSponsor

2:00 p.m. - 2:40 p.m.

*Digital Fundraising – The Most Effective Fundraiser for Your Baseball Team That Takes the Least Amount of Time*

Rob Tasin, Regional Director (OK), eTeamSponsor, Former D1 College and Professional Baseball Player; Cherokee Scrivner, Regional Director (PHX), eTeamSponsor, Former College Baseball Player

### ArmCare.com

2:45 p.m. - 3:25 p.m.

*Eradicating Elbow Injuries: After 209,483 Strength Exams, Here's What We Know*

Ryan Crotin, Executive Vice President, ArmCare.com; Jordan Oseguera, Director of Pitching and Performance, ArmCare.com

### Gipper

3:30 p.m. - 4:10 p.m.

*Getting the Most Out of Social Media*

Jason French, Partnerships Manager at Gipper

### AIRWAAV

4:15 p.m. - 4:55 p.m.

*Enhancing Strength, Speed, and Performance in Baseball with the AIRWAAV Mouthpiece*

Bob Molhoek, Chief Marketing Officer, AIRWAAV; Chance Burden, Marketing Manager, AIRWAAV; Matt White, Marketing Manager, AIRWAAV

### SmartMitt

5:00 p.m. - 5:40 p.m.

*Using Videos to Make Your Staff More Deceptive; You Can Do it Yourself*

Tom Frenz, Inventor and Managing Member, SmartMitt

## Friday, January 5, 2024

### pitchLogic

9:45 a.m. - 10:25 a.m.

*Finding What Makes Pitchers Unique and Using it to Their Advantage*

Clay Holmes, New York Yankees Closer; Lary Sorensen, Former MLB All-Star; Steven Cukiernik, Co-Founder & Chief Tech Officer, F5 Sports

### Hudl

10:30 a.m. - 11:10 a.m.

*Dominate the Diamond: Use Video and Data to See the Game Differently*

Brian Weaver, Head Baseball Coach, Central Bucks West High School (PA); Madison Lavelle, Sales Director, Hudl

### Pocket Radar

11:15 a.m. - 11:55 a.m.

*Incorporating Pocket Radar PLUS App Features Into Practice and Game Settings*

## Friday, January 5, 2024 (continued)

### PitchCom

12:00 p.m. - 12:40 p.m.

*Secrets to Unlocking the Potential of the PitchCom System, Choice of the MLB and College World Series Champions*

Craig Filicetti, Co-Inventor and Co-Owner, PitchCom

### GameChanger

12:45 p.m. - 1:25 p.m.

*Live Stream with Ease & Never Miss a Moment*

Rudy Garbalosa, Head Coach, Lynn University; Alex Trezza, Senior Manager of Baseball & Community, GameChanger

### Rapsodo

1:30 p.m. - 2:10 p.m.

*Resilience Through Data: The Road to Recovery with Rapsodo*

Kyle Wright, Pitcher, Kansas City Royals; Dillon Saffle, Senior Manager of Pro & Key Accounts, Rapsodo

### Driveline

2:15 p.m. - 2:55 p.m.

*Optimizing Pitching Workload: A Tech-Driven Approach*

Kyle Boddy, Founder, Director of R&D, Driveline; Max Engelbrekt, Director, Product Management, Driveline

### ATEC/Wilson Sporting Goods

3:00 p.m. - 3:40 p.m.

*ATEC: Helping Train Annual World Series Contenders*

Troy Snitker, Hitting Coach, Houston Astros

## Saturday, January 6, 2024

### The United States Marine Corps

9:15 a.m. - 9:55 a.m.

*Fit to Win: Mental, Physical, and Moral Fitness Strategies for Baseball Coaches*

### HitTrax

10:00 a.m. - 10:40 a.m.

*Improving Swing Decisions Using Strike Zone Analysis*

Donegal Fergus, Head Coach, Loyola Marymount University; Andrew Barry, Sales Manager, HitTrax

### BaseballCloud

10:45 a.m. - 11:25 a.m.

*Cradle to Grave: The Lifespan of a Player Through Development, Improvement, and Optimization*

### Kilogear

11:30 a.m. - 12:10 p.m.

*MLB Hall of Famer Frank Thomas and Kilogear: Taking Performance and Fitness in Baseball to the Next Level*

Frank Thomas, MLB Hall of Famer and Partner, Kilogear; Trent Brown, Founder & CEO, Kilogear

### Rotor System

12:15 p.m. - 12:55 p.m.

*Help Your Athletes Become Better Hitters With the Power Batting System*

Jose Guzman, Former MLB Pitcher; Bryce Donovan, Current Pro Outfielder; Paolo Di Prima, Owner & Head Designer, Rotor System



# ABCA TRADE SHOW EXHIBITOR GUIDE

## EXHIBITOR HOURS

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

LONGHORN EXHIBIT HALL // GAYLORD TEXAN

### 100% – #1700

San Diego, CA  
619-876-4202  
Frank Schrantz  
frank@ride100percent.com  
100percent.com

### 3N2 Sports – #1504

Maitland, FL  
407-862-3622  
Jeffery Meads  
jpollack@3n2sports.com  
3n2sports.com

### 431 Sports – #1241

Hillsborough, NC  
727-543-7982  
Darren Smith  
dsmith@sportsendeavors.com  
431sports.com

### 4D Motion – #817

Allendale, NJ  
917-553-0596  
David Todhunter  
david@4dmotionsports.com  
4dmotionsports.com

### 4Most Sport Group – #241

Grove City, PA  
724-870-4250  
Christie Fromm  
mbuxton@duraedge.com  
4mostsport.com

### 643 Charts – #540

League City, TX  
903-399-3654  
Tim Kuhn  
tim.kuhn@gmail.com  
643charts.com

### 6Tool – #132

Olney, MD  
301-379-6372  
Kenny Wood  
kwood@6-tool.com  
six-tool.web.app

### 99Pledges – #1722

Palo Alto, CA  
650-241-2800  
Steve Peirce  
steve@99pledges.com  
99pledges.com

### Accusplit – #1623

Pleasanton, CA  
925-290-1900  
Barb Jacobs  
busdev@accusplit.com  
accusplit.com

### Advanced Sports Supply – #1736

Jasper, IN  
812-556-2036  
Corey Scherer  
corey.scherer@  
advancedsportssupply.com

### Aero-Swing – #640

Louisville, KY  
833-237-6794  
Bill Orosz  
bill@aero-swing.com  
aero-swing.com

### AIRWAAV – #536

Louisville, KY  
855-253-4680  
Jordan Posch  
jordan.posch@airwaav.com  
airwaav.com



### Alaska Baseball League – #1720

Palmer, AK  
907-745-6401  
Pete Christopher  
gmminers@gci.net  
alaskabaseballleague.org

### All-Star Sporting Goods – #1516

Shirley, MA  
800-777-3810  
Brad Jurga  
bjurga@all-starsports.com  
all-starsports.com

### Always Grind – #1041

Pleasanton, CA  
925-819-2089  
Joe Moroney  
alwaysgrindathletics@gmail.com  
alwaysgrind365.com

### American Baseball and Softball – #737

Wharton, TX  
979-532-8155  
Mikey Sliepka  
mikey@muhltech.com  
muhltech.com

### American Specialty Insurance – #1138

Fort Wayne, IN  
765-490-9256  
Haley Agnew  
mreukauf@americanspecialty.com  
americanspecialtyexpress.com

### ArmCare.com – #1001

Lakewood, CO  
303-403-0126  
Duggan Moran  
duggan@crossoversymmetry.com  
gocrossover.com

### Armilla Tech – #1037

Salmon Arm, BC  
520-255-2318  
Gerhard de Beer  
g.debeer@armillatech.com  
armillatech.com

### Armored Heat – #1635

Glendale, AZ  
559-723-2132  
Ryan Yoshida  
ryan@armoredheat.com  
armoredheat.com

### Athletes In Action Baseball – #1609

Xenia, OH  
937-352-1000  
Jason Lester  
chris.beck@athletesinaction.org  
aiabaseball.org

### AstroTurf – #835

Dalton, GA  
517-902-4453  
Aaron Klotz  
aaron.klotz@astroturf.com  
astroturf.com



### AthletesGoLive – #937

Alpharetta, GA  
678-464-9886  
Andrew Biele  
cconnor@program17.com  
athletesgolive.com

### AWRE Sports – #1329

Morristown, TN  
570-561-4828  
Ken Spangenberg  
ken@awresports.com  
awresports.com



### Axe Bat – #236

Kent, WA  
253-653-6579  
Rusty Trudeau  
matt@axebat.com  
axebat.com

### AXIO Centripetal Training – #1337

Park City, UT  
435-901-9172  
Sue Bezemer  
sue@axiotraining.com  
axiotraining.com

### B45 – #1810

Quebec, QC  
888-669-0145  
Marie-Pier Gosselin  
gtomlinson@b45online.com  
b45baseball.com



**Baden Sports – #236**  
Kent, WA  
253-653-6579  
Rusty Trudeau  
rustyt@badensports.com  
badensports.com

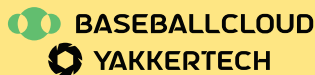
**Ball Fabrics, Inc. – #1510**  
DeLand, FL  
386-740-7212  
Sergio Martinez  
jon@ballfabrics.com  
ballfabrics.com

**Ballparks of America/Explore Branson – #841**  
Branson, MO  
417-464-6333  
Brad Margolin  
todd@ballparksamerica.com  
ballparksamerica.com



**Barnwood Sports LLC – #1723**  
Willowbrook, IL  
773-288-9636  
Tim Kuncis  
info@barnwoodsports.com  
barnwoodsports.com

**BaseballCloud/Yakkertech – #407, 501**  
Longwood, FL  
800-273-9619  
Annie Cross-Codron  
annie@dssports.com  
dssportsventures.com



**Bat Around – #441**  
New York, NY  
630-246-0882  
Matt Farrell  
megan@farrellsportsww.com  
letsbataround.com

**Batco – #229**  
Pueblo, CO  
678-205-9224  
Arnald Swift  
batcocage@gmail.com  
bat-co.com

**Bats - Sydex Sports – #1238**  
Wyoming, MI  
800-733-4023  
Dan DeFilippo  
dan@sydexsports.com  
sydexsports.com

**Batting Cages USA – #333**  
New Rochelle, NY  
914-636-0505  
Lawrence Greenberg  
dboyale@battingcagesusa.com  
battingcagesusa.com

**Beacon Athletics – #1741**  
Madison, WI  
608-824-1565  
Chad Martin  
timf@beaconathletics.com  
beaconathletics.com

**Beam Clay/Partac Peat Corp. – #1429**  
Great Meadows, NJ  
908-637-4191  
Denise Pierce  
denise@partac.com  
beamclay.com

**Berg Bat Company, LLC – #1826**  
Colorado Springs, CO  
719-522-3808  
Trevor Goldberg  
trevor@bergbat.com  
bergbat.com

**Better Baseball/Bullet L Screens – #1517**  
Marietta, GA  
404-467-4213  
Scott Zambito  
scott@betterbaseball.com  
betterbaseball.com

**Big League Chew – #108**  
Akron, NY  
224-456-2914  
Tim Lawdan  
info@mybigleaguechew.com  
bigleaguechew.com

**Birdman Bats – #1139**  
REDWOOD CITY, CA  
609-780-3671  
Gary Malec  
gary@birdmanbats.com  
birdmanbats.com

**Blast Athletics – #201**  
Santa Ana, CA  
929-322-4007  
Thomas Powell  
support@blastathletics.com  
blastfundraising.com

**Boombah – #1221**  
Yorkville, IL  
815-941-1431  
Adam Feeney  
paul.rathman@boombah.com  
boombah.com



**Bownet Sports – #101**  
Camarillo, CA  
805-322-8844  
Dave Pherrin  
davepherrin@bownet.net  
bownet.net

**BSN Sports – #300**  
Dallas, TX  
800-527-7510  
Jamie Potts  
jpotts@bsnsports.com  
bsnsports.com

**Burbank Sports Nets – #117**  
Jacksonville, FL  
866-349-0057  
Rusty Green  
rusty@burbankspornets.com  
burbankspornets.com

**Byrne & Jones Sports Construction – #1808**  
St. Louis, MO  
314-809-3851  
Matt Hicks  
mhicks@byrneandjones.com  
byrneandjones.com/sports

**C&H Baseball, Inc. – #1100**  
Lakewood Ranch, FL  
941-727-1533  
Danielle Huff  
danielle@chbaseball.com  
chbaseball.com



**Cap America – #1601**  
Fredericktown, MO  
931-212-7163  
Grace Schettler  
geraldp@capamerica.com  
capamerica.com

**Catapult Sports – #120**  
Boston, MA  
774-245-1561  
AJ Pappas  
chris.taylor@catapultsports.com  
catapultsports.com

**Champro – #1017**  
Wheeling, IL  
847-279-2600  
Jim Dusbiber  
mspellman@champrosports.com  
shop.champrosports.com

**CHANGED BY THE GAME – #1435**  
Portland, OR  
408-515-4354  
Easton Henrikson  
easton@changedbythegame.com  
changedbythegame.com

**Changeup Circle – #1436**  
Sanibel, FL  
413-250-3736  
Joseph Dushane  
jdushane40@msn.com  
changeupcircle.com

**Cimarron Sports – #131**  
Tulsa, OK  
918-301-3610  
Roy Hanks  
heidisellssports@gmail.com  
cimarronsports.com

**CleanFuego, LLC – #1639**  
Rockville, MD  
703-300-0622  
Mike McGuiness  
mikem@cleanfuego.com  
cleanfuego.com

**Clell Wade Coaches Directory – #1201**  
Cassville, MO  
877-384-4840  
Jennifer Mann  
karan@coachesdirectory.com  
coachesdirectory.com

**CoachComm – #1524**  
Auburn, AL  
334-321-2300  
Debbie Hamby  
debbie.hamby@coachcomm.com  
coachcomm.com

**Coaches Video – #1704**  
Louisville, TX  
972-221-3939  
Joel Krause  
joelk@coachesvideo.com  
coachesvideo.com

**College Athlete Advantage – #1607**  
Tempe, AZ  
480-329-5661  
Greg Christofolo  
info@collegeathleteadvantage.com  
collegeathleteadvantage.com

**Cooperstown Bat Co. – #1328**  
Cooperstown, NY  
607-547-2415  
Tim Haney  
connie@cooperstownbat.com  
cooperstownbat.com

**CT4 Sports – #1737**  
Bedford, TX  
817-808-8144  
Chris Trevino  
info@ct4sports.com  
ct4sports.com

**D-BAT Sports – #329**  
Carrolton, TX  
972-398-1000  
Chase Wright  
john@dbat.net  
dbat.net

**Dartfish – #1205**  
Alpharetta, GA  
855-655-3850  
Chuck Wilmot  
chuck.wilmot@dartfish.com  
dartfish.com



**Decker Sports – #1240**  
Omaha, NE  
402-571-6409  
Joshua Pollack  
josh.pollack@deckersports.com  
deckersports.com

**DeVo Bats – #1500**  
Kennewick, WA  
509-628-7073  
Jordan Devoir  
jdevo@devobats.com  
devobats.com

**Diamond Pro – #1236**  
Arlington, TX  
800-228-2987  
Rene Asprien  
rasprien@diamondpro.com  
diamondpro.com

**Diamond Sports – #629**  
Irvine, CA  
949-409-9300  
Jake Gordon  
mteam@diamond-sports.com  
diamond-sports.com



**Douglas Sports/National Sports Products – #128**  
Eldridge, IA  
800-478-6497  
Chris Rickerl  
chrisr@douglas-sports.com  
nationalsportsproducts.com

**Dove Tail Bat, LLC – #1501**  
Monson, ME  
207-695-4663  
Theresa Lancisi  
info@dovetailbat.com  
dovetailbat.com

**Driveline Baseball – #1029**  
Kent, WA  
425-523-4030  
Mike Rathwell  
mike@drivelinebaseball.com  
drivelinebaseball.com



**Dynamax Inc. – #1727**  
San Marcos, TX  
512-393-5267  
Jeremy Shore  
jeremy.shore@medicineballs.com  
medicineballs.com

**EL1 Sports – #237**  
Tacoma, WA  
301-580-6666  
Joe Dobrow  
joe.dobrow@el1sports.com  
el1sports.com

**eTeamSponsor – #534**  
Concord, CA  
808-225-5389  
Mika Mendoza  
mika@eteamsponsor.com  
eteamsponsor.com

**Extra Innings – #1232**  
Middleton, MA  
877-746-7341  
Rob Nash  
support@shopeidirect.com  
extrainnings.us

**Field of Play – #118**  
Chardon, OH  
440-479-8639  
Steve Smetana  
steve@myfieldofplay.com  
myfieldofplay.com

**Field Sports Training – #1540**  
Houston, TX  
561-371-2654  
Alexis Newkirk  
jeff@fieldsportstraining.com  
fieldsportstraining.com

**FieldTurf USA Inc. – #1801**  
Calhoun, GA  
800-724-2969  
Jed Easterbrook  
cameron.robertson@fieldturf.com  
fieldturf.com

**Firecracker Sports – #638**  
Cumberland, RI  
401-595-0233  
Mark Cooke  
mark@firecrackerbaseball.com  
firecrackersports.com

**First Place Collectibles – #1340**  
Ballwin, MO  
314-435-9859  
Larry Puzniak  
larry@firstplacepins.com  
firstplacepins.com

**Fisher Athletic – #1409**  
Salisbury, NC  
704-636-5713  
Brian Pritchard  
brianpritchard@fisherathletic.com  
fisherathletic.com

**FlightScope – #1301**  
Orlando, FL  
407-967-7121  
Beck Wheeler  
tyler.burnett@flightscope.com  
baseball.flightscope.com

**Force3 Pro Gear – #122**  
Stratford, CT  
315-367-2331  
Jason Klein  
jason@force3progear.com  
force3progear.com

**Franklin Sports – #601**  
Stoughton, MA  
781-537-2420  
Chris Rodday  
crodday@franklinsports.com  
franklinsports.com/custom



**Fund Crazr – #1734**  
Oakmont, PA  
844-363-2797  
Rob Sawhook  
rob.sawhook@fundcrazr.com  
fundcrazr.com

**FungoMan LLC – #136**  
Richardson, TX  
318-655-1410  
Camille Sutton  
christine@fungoman.com  
fungoman.com

**G Tee – #1306**  
Ocala, FL  
352-622-3271  
Jason Gangelhoff  
jmgangelhoff@gteeusa.com  
gteeusa.com

**G-Form – #1334**  
Providence, RI  
401-250-5555  
Adam Duff  
nsurface@g-form.com  
g-form.com

**Game Day Signals – #240**  
Waynesboro, VA  
540-212-4148  
Kevin Malay  
kevin@blackhawkenterprise.com  
gamedaysignals.com

**GameChanger – #617**  
New York, NY  
512-557-4565  
Kyleigh Meisler  
kyleigh@gc.com  
gc.com



**GameSense – #642**  
Denver, CO  
720-545-7808  
Tom Pardikes  
tom@gamesensesports.com  
gamesensesports.com

**Glover's Scorebooks – #1310**  
Waco, TX  
254-776-0580  
Tracy Saul  
tom@scorebooks.com  
glovers-scorebooks.com

**Gipper – #700**  
Brooklyn, NY  
929-207-8459  
Bryan Amos  
bamos@gogipper.com  
gipper.com



**Ground Zero Baseball – #1841**  
Tupelo, MS  
662-401-4177  
Mike Patterson  
mpatterson14@yahoo.com  
hitgroundzero.com

**Groups360 – #1407**  
Brentwood, TN  
615-972-5119  
Hal Hassall  
hal.hassall@groups360.com  
groups360.com

**Hellas Construction, Inc – #341**  
Cedar Park, TX  
512-673-6150  
Knute O'Donnell  
cdowning@hellasconstruction.com  
hellasconstruction.com

**Hit Doctor of MD, LLC – #1709**  
Aberdeen, MD  
845-797-7879  
Ricky Venters  
info@hitdoctormd.com  
hitdoctormd.com

**HitTrax – #901, 1007**  
Northborough, MA  
866-448-8729  
Tom Stepsis  
tstepis@hittraxbaseball.com  
hittrax.com



**Honey Stinger – #1331**  
Steamboat Springs, CO  
866-464-6639  
Robin Paguia  
rpaguaia@honeystinger.com  
honeystinger.com



**Hour-A-Thon – #900**  
Tualatin, OR  
503-486-5432  
Michael Braunstein  
mbraunstein@hourathon.com  
hour-a-thon.com



**Hudl – #1629**

Lincoln, NE  
505-818-8740  
Bella Breck  
bella.breck@hudl.com  
hudl.com

**Ice Shaker – #338**

Southlake, TX  
716-440-5278  
Jeffrey Lindberg  
jeff@iceshaker.com  
iceshaker.com

**IDLlife – #135**

Owasso, OK  
469-576-1667  
Donna Cash  
dcash1@msn.com  
1317397.idlife.com

**Inland Tarp & Liner – #1631**

Moses Lake, WA  
509-760-6314  
Matthew Purcell  
sharonp@inlandtarp.com  
inlandtarp.com

**InMotion Air – #1835**

Alpharetta, GA  
678-313-4162  
Lisa Grewe  
lisa@inmotionair.com  
inmotionair.com

**Jackie Robinson Training Complex – #243**

Vero Beach, FL  
772-257-8557  
Jeff Biddle  
jbiddle@historicdodgertown.com  
jackierobinsontrainingcomplex.com

**Jaeger Sports Inc. – #1335**

Los Angeles, CA  
310-665-0746  
China McCarney  
china@jaegersports.com  
jaegersports.com

**JAW Bats – #1728**

Baldwin City, KS  
913-626-4391  
Jacob Walters  
jacob@jawbats.com  
jawbats.com

**Jaypro Sports Inc – #1605**

Waterford, CT  
860-447-3001  
Lou Allen  
saraha@jaypro.com  
jaypro.com

**Jugs Sports – #301**

Tualatin, OR  
503-692-1635  
Jim Reichenbach  
jr@jugssports.com  
jugssports.com

**Kilogear – #1333**

Los Angeles, CA  
914-384-1673  
Tanya Messina  
support@kilogear.com  
kilogear.com

**KinaTrax, Inc. – #1621**

Boca Raton, FL  
866-869-6640  
Scott Coleman  
scolem@kinatrax.com  
kinatrax.com

**LeagueApps – #533**

New York, NY  
631-291-2336  
Kenny Kim  
kkim@leagueapps.com  
leagueapps.com

**Lee County Sports Development – #1338**

Fort Myers, FL  
239-533-5273  
Connie Buchanan  
cbuchanan@leegov.com  
leecountysports.org

**Legends Baseball Camps – #1141**

Redwood City, CA  
650-387-4427  
David Klein  
david@legendsbaseballcamps.com  
legendsbaseballcamps.com

**LibkePro – #1830**

Las Vegas, NV  
702-265-5773  
Jerahmie Libke  
jlibke05@gmail.com  
libkepro.com

**Line to Line LLC – #1441**

Columbia, TN  
931-380-0023  
Steven Dodson  
steven@linetoline.com  
linetoline.com

**Magic Tee/Quest Fit – #1701**

Ames, IA  
515-520-0757  
Ryan McGuire  
ryan@magicttee.io  
magicttee.io

**Marc Pro – #1134**

Huntington Beach, CA  
855-627-2776  
Katie Overall  
koverall@marcpro.com  
marcpro.com

**Markwort Sporting Goods Company – #1425**

St. Louis, MO  
314-942-1199  
Brett Markwort  
larry.held@markwort.com  
markwort.com

**Marucci Sports – #1317**

Baton Rouge, LA  
225-291-2552  
Justin Cryer  
jcryer@maruccisports.com  
maruccisports.com

**Master Pitching Machine – #435**

Kansas City, MO  
816-452-0228  
Patrick Corley  
joeg@masterpitch.com  
masterpitch.com

**MaxBP/Heavy Swing/Frost Gear – #538**

Portland, OR  
619-307-1689  
Tony Verran  
tony@maxbp.com  
maxbp.com

**Memphis Net & Twine Co., Inc – #139**

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

**Midstream Lighting, Inc – #1532**

Dayton, OH  
702-420-9921  
James Mccarty  
james.mccarty@midstreamlighting.com  
midstreamlighting.com

**Mine Baseball – #438**

Colleyville, TX  
817-437-0944  
Pete O'Brien  
peteob@obhassociates.com  
minebaseball.com

**Mizuno USA – #1207**

Peachtree Corners, GA  
678-592-2727  
Clint Sammons  
clint.sammons@mizunousa.com  
mizunousa.com

**Mobile-Score – #1838**

Sulphur, LA  
337-309-1656  
Josh German  
info@mobile-score.com  
mobile-score.com

**NABF – #337**

Brandon, MS  
769-251-5158  
Derek Topik  
nabfexecdirector@gmail.com  
nabf.com

**National Baseball Congress – #308**

Wichita, KS  
316-265-6236  
Kevin Jenks  
kevin@nbcbaseball.com  
nbcbaseball.com

**National Pitching/Mustard – #432**

Houston, TX  
Dean Doxakis  
deandox@nationalpitching.com  
nationalpitching.com

**NCSA College Recruiting – #904**

Chicago, IL  
312-610-6191  
Jaimie Duffek  
jduffek@ncsasports.com  
ncsasports.org/baseball

**Net Connection – #242**

Trussville, AL  
205-508-5902  
Ken Burnham  
kburnham@netconnectionllc.com  
netconnectionllc.com

**Netting Professionals, LLC – #729**

Fernandina Beach, FL  
844-620-2707  
Will Minor  
willminor@nettingpros.com  
nettingpros.com



**Next Level Lineups – #1731**

Leitchfield, KY  
270-200-3789  
Carla Winn  
vendors@nextlevellineups.com  
nextlevelprints.co

**Nexus Mount – #1739**

Lake Charles, LA  
337-529-2211  
Brandon Miller  
thenexusmount@gmail.com  
thenexusmount.com

**No Errors Sports, LLC – #1711**

Chandler, AZ  
480-226-7254  
Ron Reed  
ron@no-errors.com  
no-errors.com

**Nokona – #335**

Phoenix, AZ  
602-381-5434  
Chip Sivak  
csivak@nokona.com  
nokona.com

**Oates Specialties LLC – #836**

Huntsville, TX  
936-295-4459  
Robert Oates  
robert@oatesspecialties.com  
oatesspecialties.com

**OC Sports – #232**

Bentonville, AR  
479-464-9991  
Nate Currier  
tracy.spearman@outdoorcap.com  
team.outdoorcap.com

**Old Hickory Bat Company – #1035**

White House, TN  
615-285-0588  
Travis Copley  
copley@oldhickorybats.com  
oldhickorybats.com

**On Deck Sports – #417**

Randolph, MA  
401-486-6433  
Nick Pezzillo  
gbaldwin@ondecksports.com  
ondecksports.com

**OnBase University – #110**

Rolling Hills, CA  
310-462-5051  
Don Slaught  
donslaught@yahoo.com  
onbaseu.com

**OnlineDonations – #235**

Charleston, SC  
803-513-1228  
Byron Brewer  
byron@onlinedonations.us  
onlinedonations.us

**OnForm, Inc. – #801**

Bellvue, CO  
720-432-1877  
Gear Fisher  
gear@getonform.com  
getonform.com

**Own The Zone Sports – #1308**

Franklin, TN  
972-514-6897  
Liam Woodard  
customersupport@ownthezonesports.com  
ownthezonesports.com

**PBPro...The Proven Brand – #1520**

Alpharetta, GA  
770-712-4884  
Richard Grapenthin  
grap@thebpro.com  
thebpro.com

**Perfect Game – #917**

Sanford, FL  
319-298-2923  
Austin Steines  
asteines@perfectgame.org  
perfectgame.org

**Perfect Swings USA – #1508**

Vienna, VA  
571-215-9319  
Dominic Morabito  
dmorabito@perfectswingsusa.com  
perfectswingsusa.com

**Phoenix Bats – #106**

Plain City, OH  
614-873-7776  
Joel Armbruster  
joel@phoenixbats.com  
phoenixbats.com

**PitchCom Sports – #500**

Scottsdale, AZ  
470-680-0572  
John Hankins  
john@pitchcomsports.com  
pitchcomsports.com

**pitchLogic by F5 Sports, Inc – #931**

Winston-Salem, NC  
336-499-7390  
Lary Sorensen  
lary.sorensen@f5sports.net  
pitchlogic.com

**Pivot Point Grips – #1729**

Topeka, KS  
785-221-9192  
Kent Becker  
kentbecker5@gmail.com  
pivotpointgrips.com

**Play 9 – #1316**

Branchburg, NJ  
908-886-6643  
Henry Warner  
henry@shopplay9.com  
shopplay9.com

**Playbook365 – #805**

Moore, OK  
405-247-0713  
Billy Becher  
billy@playbook365.com  
playbook365.com

**PLC Sports – #437**

Chester, WV  
304-374-0585  
Jackie Bailey  
jackie.bailey@personalizedlineupcards.com  
plc-sports.com

**PM Adirondack LLC – #137**

Fly Creek, NY  
516-406-1205  
Brandon Hollander  
brandon@pmalp.com  
pmalp.com

**Pocket Radar, Inc. – #607, 701**

Santa Rosa, CA  
888-381-2672  
Tyler Scaturro  
tscaturro@pocketradar.com  
pocketradar.com

**Porta Phone Co., Inc – #209**

Narragansett, RI  
401-789-8700  
Zac Smith  
aaron@portaphone.com  
portaphone.com

**Premier Pitching & Performance – #1716**

Wentzville, MO  
314-348-6033  
Josh Kesel  
josh@buddome.com  
premierpitching.com

**Prep Baseball Report – #429**

McCook, IL  
708-387-0500  
Steve Nielsen  
nielsen@prepbaserballreport.com  
prepbaserballreport.com

**Prime Time Sports Apparel – #1804**

Concord, NC  
704-707-3263  
Ray Kowalski  
savemoney@getcustomuniforms.com  
www.getcustomuniforms.com

**ProNine Sports – #1617**

Solon, OH  
440-349-3500  
Brad Emerman  
brad@pronine.com  
pronine.com

**Prospect Select Baseball Inc. – #1827**

Homestead, FL  
305-793-5613  
Aaron Braithwaite  
tonyg@ps-baseball.com  
ps-baseball.com

**Protime Sports Inc. – #1401**

Seattle, WA  
206-575-2869  
John Moore  
john@protimesports.com  
protimesports.com

**ProVelocity Bat – #1417**

Bernardsville, NJ  
973-479-2623  
Elijah Taitel  
greg@extrabasesports.com  
provelocitybat.com

**PYT Sports Inc – #1740**

Evergreen Park, IL  
708-634-2099  
Dave Payton  
dave@pytsports.net  
pytsports.net

**Qualisys – #1817**

Buffalo Grove, IL  
847-212-3065  
Stephanie Knustrom  
stephanie.knustrom@qualisys.com  
qualisys.com

**Qubit LLC – #1637**

Plano, TX  
214-732-8838  
Shanee Lu  
info@qubitdevices.com  
qubitdevices.com

**Raised Decals, LLC – #1434**

Mesa, AZ  
480-382-1422  
Joseph Walter  
raiseddecals@gmail.com  
raiseddecals.com





**Rapid Sports – #1237**  
Chagrin Falls, OH  
216-785-7980  
Philip Stotter  
pstotter@rapidtechsoftware.com  
rapidtechsoftware.com

**Rapsodo, Inc. – #717**  
Chesterfield, MO  
844-772-7763  
Kate Tuttle  
batuhan@rapsodo.com  
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Jason Strebjg  
jason@redathlete.com  
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Jim Greenhalge  
jgreenhalge@redroof.com  
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jmulinaro@ripkenbaseball.com  
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Rick Robinson  
treys@scoreintl.org  
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Alex Nehorayan  
alex.nehorayan@gmail.com  
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Kirill Gurevich  
nspellman@sensoredge.com  
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brian@seqnqr.com  
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Matt Capps  
mike@shotcollar.com  
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Terry Parks  
terrence.parks@visitspacecoast.com  
visitspacecoast.com



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Sam Root  
tom.hart@spinballsports.com  
spinballsports.com

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cticen@sprinturf.com  
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310-904-3289  
Ronnie Glunt  
matt@stringking.com  
stringking.com

**Swift App Inc – #126**

Mississauga, ON  
804-567-8536  
Jeet Mehta  
info@runswiftapp.com  
runswiftapp.com

**Synergy Sports Technology – #1440**

Pheonix, AZ  
804-898-0379  
Lacey Waldrop  
s.mccabe@synergysportstech.com  
synergysports.com

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John Black  
info@teeclaw.com  
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k.hyde@tencategrass.com  
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Hans Deutmeyer  
mca@trackman.com  
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John Moore  
john@travelingteams.com  
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chris@trigonsports.com  
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Chris Ivey  
civey@teamtriton.com  
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Altoona, IA  
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Brad Lamberti  
blamberti@truepitch.com  
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Greg Barnett  
gbarnett@certorsports.com  
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Kate Garassino  
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Craig Allison  
craig@victorymounds.com  
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512-788-2130  
Ben Johnson  
ben@virtualcombine.com  
virtualcombine.com

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Atlanta, GA  
219-306-3126  
Dave Mays  
shea@vs-cancer.org  
vs-cancer.org

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rj@vukgripz.com  
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Mike Butler  
b.jenkins@warstic.com  
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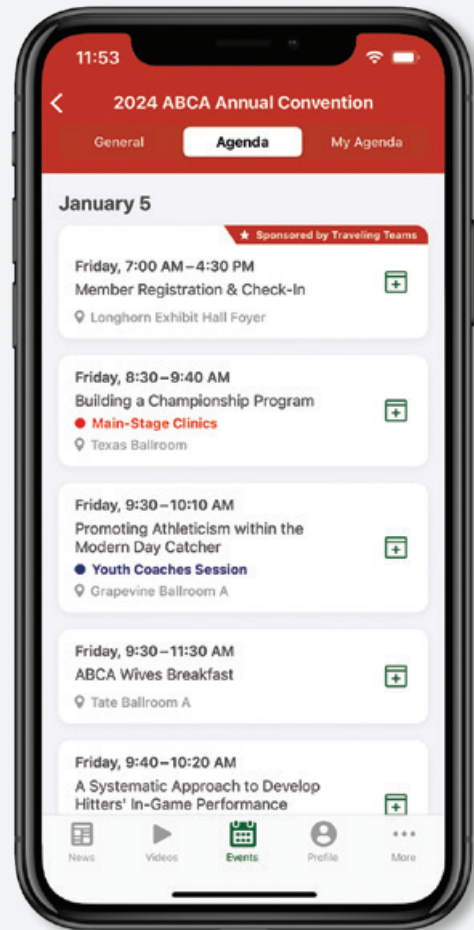
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563-564-5799  
Pat Einarsen  
brian@x-grain.com  
x-grain.com

**Yoga Athletex – #1733**

Houston, TX  
713-824-9635  
Patricia Bomar  
patricia@yogaathletex.com  
yaxonline.com

**Zephyr – #1322**

Loveland, CO  
970-663-3242  
Amanda Neal  
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zhats.com



## Download the My ABCA mobile app!

*Search "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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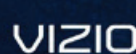
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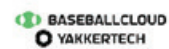
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# ABCAs Membership Benefits

*Here's what you get with your membership beyond attending the annual Convention!*

As a 2023-24 ABCA member, you're one of the over 15,000 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 2023-24 ABCA member, you will be able to register for the 2024 Convention and reserve a hotel room, while supply lasts, beginning in August 2024! Registration and hotels will open for new and former members on September 1. With a registration limit in place as well as limited hotel rooms, it's important to register as soon as you're eligible!

**ABCAs Video Library Access:** You have access to the most comprehensive online baseball coaching video library, which features nearly 600 on-demand clinic presentations. These include ABCA Convention Clinics dating back to 2008, Barnstormers Regional Clinics from the past several years as well as ABCA Partner webinars. The 2024 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 2023-24 ABCA members getting access on May 20!

**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 included in the registration bag 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 55 magazines) on the ABCA website at [www.ABCA.org/magazine](http://www.ABCA.org/magazine).

**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).

**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 networking social!

**ABCAs 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.

**ABCAs 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, Gipper, Netting Professionals, Pocket Radar, Terryberry, Rapsodo, Diamond Sports, Easton, Driveline Baseball, Triton Athletic Performance and pitchLogic! Learn how to redeem these exclusive offers from ABCA Partners 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. The ABCA member discount is 5% on Enterprise and 10% on National. 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!

**ABCAs 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.

**Continuing Education Credit:** By participating in the ABCA Convention or Clinics Live Video Stream, members who need Professional Development or Continuing Education Credits (typically school teachers) can often satisfy their requirements. Participants receive documentation verifying their participation that can then be submitted to their school or district.

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



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# American Baseball Coaches Association Awards

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 5, at 8:30 a.m.

## 2023 ABCA/ATEC National Coaches of the Year

- NCAA Div. I:** Jay Johnson, Louisiana State
- NCAA Div. II:** Kevin Brooks, Angelo State (TX)
- NCAA Div. III:** Lucas Jones, Lynchburg (VA)
- NAIA:** Tyler LaTorre, Westmont (CA)
- NJCAA Div. I:** Marty Smith, College of Central Florida
- NJCAA Div. II:** Chris Razo, Heartland (IL)
- NJCAA Div. III:** Rob Valli, RCSJ Gloucester (NJ)
- Pacific Association:** Kurt Lupinski, Lower Columbia (WA)
- High School Div. I:** Rusty Cagle, Lewisburg (MS)
- High School Div. II:** Heath Gerstner, McPherson (KS)
- High School Div. III:** Scott Steltz, Chatham Central (NY)



## 2023 ABCA/Marines National Assistant Coaches of the Year

- NCAA Div. I:** Jason Jackson, Alabama
- NCAA Div. II:** Patrick Collins, Columbus State (GA)
- NCAA Div. III:** Scott Gillitzer, Wisconsin-La Crosse
- NAIA:** Billy Tomblin, Mayville State (ND)
- NJCAA Div. I:** Jon Koenigsfeld, College of Central Florida
- NJCAA Div. II:** Tyler Albright, Heartland (IL)
- NJCAA Div. III:** Greg Chew, RCSJ Gloucester (NJ)
- Pacific Association:** Don Popovich, Santa Ana (CA)
- High School Div. I:** Ian Wells, Rocky Mountain (CO)
- High School Div. II:** Michael Edwards, Mainland Regional (NJ)
- High School Div. III:** Kendall Martin, Elkhorn North (NE)



# MARINES

## Baseball Service Awards

**Travel Baseball Service Award**  
Mike Spiers, Amateur Baseball Development (CA)

**Youth Baseball Service Award**  
Jeanie Cooke, Danville Dans (IL)

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

## 2023-24 Lifetime Members

- Mike Candrea, University of Arizona
- Jerry Dawson, Paradise Valley Community College
- Ron Fried, Bel Mateo Babe Ruth (CA)
- Robert W. Gast, East Lansing Legion Post 205 (MI)
- Kyle Hope, Grace Community High School (TX)
- Steve Johnigan, Baylor University
- Joe Kinney, Lafayette College
- John Kolasinski, Siena Heights University
- Kevin Kvame, Western Canadian Baseball League
- Doug Little, Potomac State College
- Marcello Massari, Italian Baseball & Softball Federation
- Ed Mathey, North Central College
- Russ McNickle, Bullpen Sports Facility
- David Mendoza, Crescenta Valley High School (CA)
- Marty Miller, Norfolk State University
- Jack Misovec, Independent
- Fred Oliver, Cardinal's Sport Center (TX)
- Keith Peterson, Brainerd High School (MN)
- Fred Pudrith, Occidental College
- Bill Seamon, Missouri High School Baseball Coaches Assoc.
- Jim Sherman, University of Delaware
- Scott Smith, Eastern Connecticut State University
- John Szeftc, Virginia Tech University
- Jack Thomson, Sierra High School (CA)
- Mike Trapasso, University of Texas at Arlington
- Ted White, Nevada Union High School (CA)
- Ron Wolforth, Texas Baseball Ranch

*The ABCA's Lifetime Members are those coaches who have been members of the organization for 35 consecutive years. There are 517 ABCA Lifetime Members, including the coaches above, who became Lifetime Members this year.*



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## Mark Brew honored with ABCA Dave Keilitz Ethics in Coaching Award

Mark Brew, head coach at Lee University, will receive the prestigious ABCA Dave Keilitz Ethics in Coaching Award during the 2024 Convention in Dallas. The ABCA Ethics in Coaching Award honors individuals who embody the ABCA Code of Ethics.

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

Following 10 seasons as an assistant coach for Flames under ABCA Hall of Fame coach Dave Altopp, Brew took over the Lee baseball program in 2007. Now in his 18th season as the program's head coach, Brew has guided his teams to a combined 671-289-2 (.698) record.

The Flames advanced to the NAIA World Series in each of Brew's first seven seasons as head coach while reaching the 50-win mark each season. From 2008-13, Brew earned six-consecutive ABCA/Diamond Sports NAIA Region Coach of the Year honors and was named



appearance.

Brew has coached 33 Flames players who have been drafted or signed MLB contracts, including two that have played in the Major Leagues (Lance Zawadzki and Brandon Cuniff). Additionally, 40 of his former players have signed Independent Professional contracts.

A 30-year member of the ABCA, Brew currently serves on the ABCA's College Playing Rules Committee and the ABCA Competition Committee.

the 2008 NAIA National Coach of the Year after leading the Flames to a 63-win season and a runner-up finish at the NAIA World Series.

After transitioning to NCAA Div. II and the Gulf South Conference in 2014, Brew guided Lee to a Gulf South Regular Season title in 2021 while earning conference Coach of the Year honors. In 2022, the Flames took home the Gulf South Tournament title and advanced to their second-straight NCAA Tournament

## 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.



- 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.
- The coach shall not make any statements to prospective students which, knowingly, cannot be fulfilled.
- 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

- The coach shall maintain appropriate professional relationships with student-athletes, managers, and trainers and respect proper coach/player boundaries.
- The coach shall treat news media with courtesy, honesty, and respect.
- The coach shall teach his players how to conduct themselves in interviews in the best interest of the team and the game.
- The coach shall instruct his players that any disciplinary, academic, or personal problems are “family affairs” and not to be made public.
- 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.
- The coach shall act toward other coaches in a manner characterized by courtesy, good faith, and respect.
- 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.
- 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

- The coach shall model high ideals of sportsmanship and always pursue victory with honor while teaching and advocating good character.
- 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

- The coach shall treat all people with respect at all times and require the same of the players.
- 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.
- 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

- The coach shall refrain from the use of tobacco and alcohol in front of his players.
- 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.
- The coach shall accurately represent his academic and coaching qualifications, experience, and past affiliations.

#### ARTICLE D: Fairness and Caring

- 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.
- The coach shall consistently demonstrate concern for his players as individuals and encourage them to look out for one another.
- 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.*



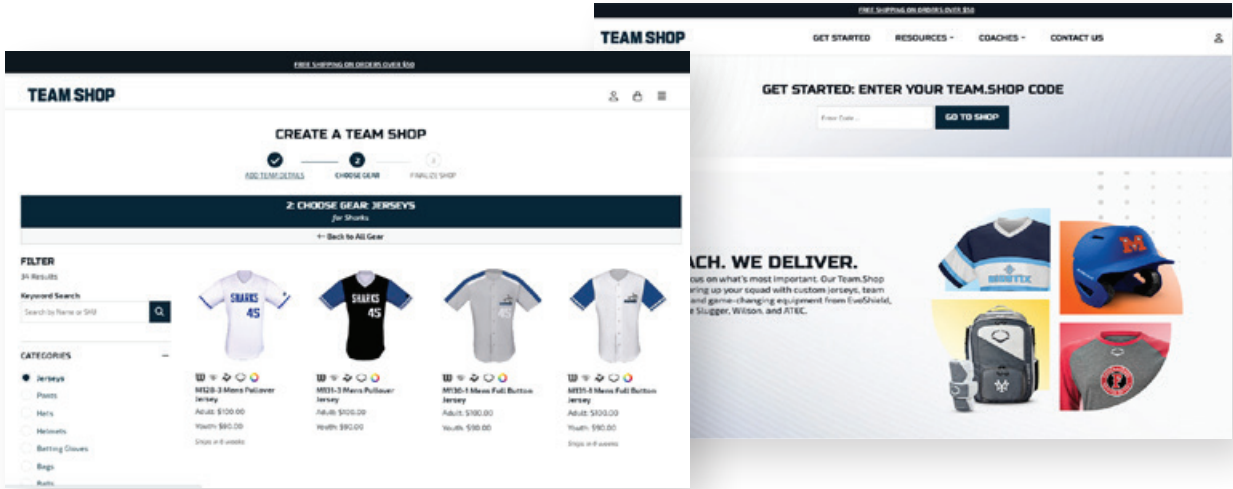
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- 2) Foundation Year

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- 1) Recruit
- 2) Develop
- 3) W.I.N.
- 4) Repeat

Foundations of Program

- 1) Fundamentals
- 2) Compete
- 3) Character

Individual Identity of Each Team (2023)

- 1) Selfless
- 2) Mindset/Mental Strength
- 3) Attacking Expectations
- 4) Player Leadership
- 5) How Do You Want to Remember This?

Baseball Road Map

- 1) Pitching
- 2) Defense
- 3) Offense
- 4) Baserunning
- 5) Team

Conclusions

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## **DARIN EVERSON**

### **New York Mets**

## **A Systematic Approach to Develop Hitters' In-Game Performance**

Why Develop Systems? Use Systems as a Guide

Game Evaluation Process / The Game is the Test

- Control the Zone
- Handle the Zone
- Contact Quality

Create Clarity with Objective Feedback Loops

- Mind / Body
- Approach / Plan / Preparation
- Timing / Mechanics / Intent

Make Everything as Simple as Possible for Players & Staff

- Simplicity of Terminology
- Simplicity of Evaluation
- Simple Moves Win

Improving In-Game Performance Through a Quality Approach

- Approach for Timing, Direction & Intent
- Approach Helps Build the Drills
- Stubbornness of Approach

Preparing for Production at 7:05

- What is the Swing Creating?
- How Can We Improve the Foundations & Ability To Hit?
- Individualized Prep, Concepts & Hitting Drills

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**BY PAOLO DI PRIMA**

**BASEBALL TRAINING EQUIPMENT  
ENGINEERED FOR PERFORMANCE AND DURABILITY**

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OUR ENGINEERING, MANUFACTURING PROCESS AND WHAT MAKES OUR PRODUCTS THE BEST**



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**PRESENTED BY**

**PAOLO DI PRIMA: OWNER**

**JOSE GUZMAN: MLB PITCHER - TEXAS RANGERS (RETIRED)**

**& BRYCE DONOVAN: FREE AGENT - OUTFIELDER**

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### Seeing Is Winning, But Who's Looking? The Fatal Mistake of Ignoring Vision

#### Introduction:

- Noah West: From Unrecruited to the Frozen Four

#### Part I: The 'Why' - Understanding the Gap in the Status Quo

1. "Why are we overlooking vision in athletic evaluations?"
  - Why Conventional Evaluation is Inadequate.
    - Illustrate the limited scope of current professional evaluations.
    - Oversight is not just outdated but detrimental to player development.
2. The Critical Role of Vision in Sports: A Baseball Case
  - Detail how vision is crucial to sports, specifically focusing on baseball.

#### Part II: The 'How' - The Mechanism and Importance of Vision

3. The Anatomy of Vision in Action
  - Video demonstrating how visual information is processed.
4. The House Foundation Analogy: Why Vision is Foundational

#### Part III: The 'What' - Real-life Applications and Success Stories

5. Riley: A Transformational Journey

#### Part IV: The What' - Actionable Takeaways

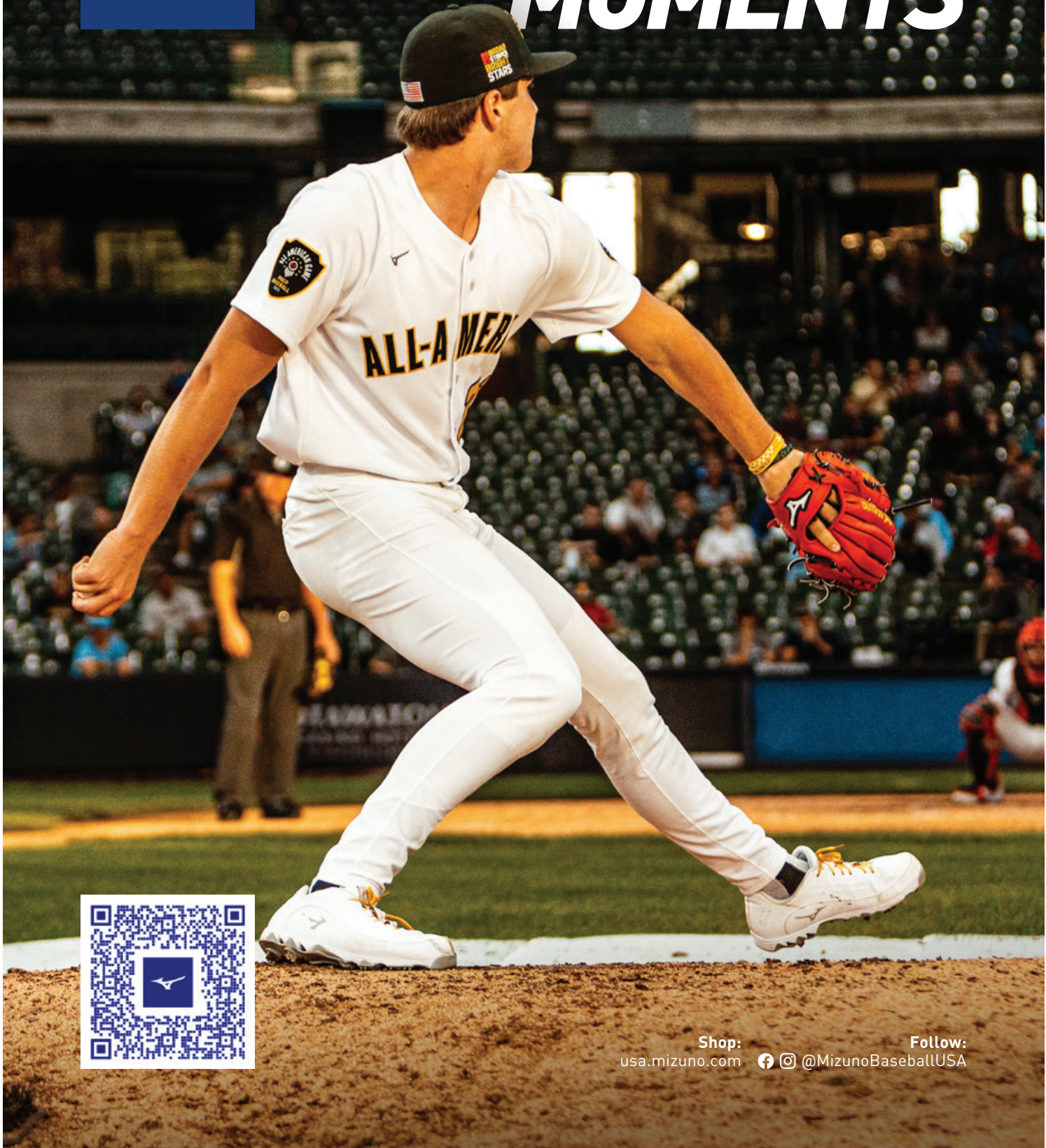
6. Vision Drills You Can Implement Immediately
  - Things you can implement immediately to improve your program.

#### Conclusion and Q&A

7. Summarize and Open the Floor
  - Recap the key points made during the presentation.
  - Open the floor for questions and further discussion.



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## ANDY STANKIEWICZ

### University of Southern California

#### Twin Killing: Double Play Feeds and Pivots

- A. Mentality
  - 1. Take What the Game Gives You
  - 2. “Seguro Uno” -H. Lopez
  - 3. “Be Quick but Don’t Hurry” -J. Wooden
  
- B. Positioning
  - 1. Standard – 4 Strides In, 2 Strides Closer to 2b
  - 2. Infield Positioning Adjustment Factors
    - Scouting Report
    - Speed of Runner
    - Scoreboard
  
- C. 6-4-3
  - 1. SS feed – Ball to Left, Right @em, Ball to Right, Extended Right Side
  - 2. Second Baseman Footwork
    - Quick -> Control -> Quick
    - Semi-Circle Route
    - Left Foot on 2nd Base
    - Step with Right Foot to Ball
  
- D. 4-6-3
  - 1. Second Baseman Feed – Ball to Right, Right @em, Ball to Left, Extended Left Side
    - Ball @em: Left Knee Drop, Power Backhand, Jump Feed
  - 2. SS Footwork
    - Quick -> Control -> Quick
    - Right Foot to Back Inside Corner of 2b Bag
    - Step with Left Foot to Ball
    - Left Shoulder Around the Feed
    - Swipe Right Foot Across Back Side of 2b Bag
    - 2 Hands Quick Release, No Long Strides



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**BRIAN BANNISTER**  
**Chicago White Sox**

Valuing Absolute vs. Relative Attributes of Pitchers

Introduction: An Overview of the Absolute vs. Relative Attributes of Pitchers

1: Valuing Attributes at Different Levels of Competition

2: The Importance of Preserving Biomechanical Uniqueness

3: Looking at Outlier Release Points + Approach Angles

4: The Pitfalls of Targeting Individual Pitch Movement vs. Arsenal Contrast/Pairings

5: Factoring in the Asymmetries of Pitcher/Batter Handedness

6: How Some Pitchers Leverage Unique Ball Physics to Outperform Their Stuff

Final Thoughts: Applications For Evaluators + Coaches + Players at All Levels



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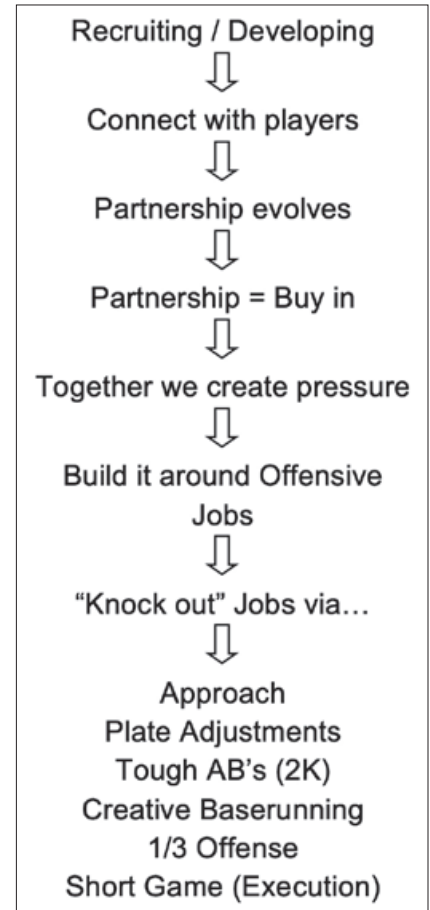




**MIKE CURRAN**  
**Ohlone College**

**Creative Strategies to Induce Chaos and Improve Offensive Run Production**

- 1) Scoring runs is MORE THAN JUST letting big guys hit homeruns!
  - a. What happens when we don't have 5-star recruits?
  - b. What happens when we don't have 1st Round picks?
  - c. What happens when we don't have big, physical kids?  
Can we develop a process to enhance our offensive output?
  - d. Is there a "system"?
    - i. It MUST start from the ground up
- 2) Recruiting (for college programs) is essential; non-negotiable / Developing (if you can't recruit) is essential; non-negotiable
  - a. Big and strong; Fast and explosive is ideal
  - b. What if I can't recruit (HS)? Have poor facilities?  
Small budget? Etc.
- 3) Connecting with your players
  - a. Is it over-hyped? NO!!!
  - b. Why connect?
- 4) Connection leads to ...
  - a. Trust
  - b. Players wanting to win FOR you
  - c. Players believing in you
  - d. Players wanting to work with / for you (partnership)
- 5) The stage is set now – Your offense is a partnership
  - a. Creates buy-in
  - b. Creates ownership
  - c. Empowers players
- 6) Work TOGETHER (players / coaches) to create run-scoring opportunities via PRESSURE
- 7) Offensive Jobs headlines your philosophy
  - a. Accomplishing Offensive Jobs can CHANGE YOUR PROGRAM'S IDENTITY
    - i. Understanding each job
    - ii. Getting players to buy-in
    - iii. Make it your program's identity
    - iv. Post it EVERYWHERE
    - v. Data to prove success
  - b. How do we "knock out" Offensive Jobs?
    - i. Having an approach (Plans A, B, Zone Up)
    - ii. Making plate adjustments (vs. breaker, vs. soft lefty, vs. sinker, vs. velo)
    - iii. Applying pressure via 2K approach
    - iv. Applying pressure via creative baserunning
    - v. Applying pressure with 1/3 offense
    - vi. Applying pressure with short game



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## **BOB KENDRICK**

### **Negro Leagues Baseball Museum**

#### **How the Negro Leagues Changed Baseball and Our Country**

The Negro Leagues Baseball Museum (NLBM) is the world's only museum dedicated to preserving and celebrating the rich history of African-American baseball and its impact on the social advancement of America. The privately funded, 501(c)(3), not-for-profit organization was established in 1990 and is in the heart of Kansas City, Missouri's Historic 18th & Vine Jazz District. The NLBM operates two blocks from the Paseo YMCA where Andrew "Rube" Foster established the Negro National League in 1920. Bob Kendrick was named President of the Negro Leagues Baseball Museum in March 2011.

**by Rapsodo** BASEBALL

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**RESILIENCE THROUGH DATA:  
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FEATURING ATLANTA BRAVES PITCHER  
**KYLE WRIGHT**

FRIDAY, JANUARY 5, 2024 AT 1:30 PM





**DAVE ESQUER**  
**Stanford University**

**Coaching Culture – The Locker Room and Coach’s Room of Today**

- I. Developing Program and Locker Room Culture
  1. Culture Geniuses
    - A. Bertman, Marquess, Garrido
  2. Coaches Imprint
  3. Values
  4. Tradition, Legacy, Brotherhood
  5. Leadership is Necessary.
    - A. Cultivating Leadership and Leaders
    - B. Defending the Culture
    - C. Policing Themselves – “Discipline yourselves so others don’t have to.”
    - D. Must have a great and willing “followership”, “buy in” from the players.
  6. Keeping the pulse and measuring the temperature of the locker room – Morale.
  
- II. Challenges with Today’s Athletes Establishing Team Culture
  1. New School vs. Old School Coaching
  2. Players need to connect with teammates and coaches.
    - A. Relationships are paramount.
  3. Communication Styles
  4. Teaching Players of Today
    - A. TRUST. Must develop trust.
    - B. Speak their language.
    - C. Use of technology to teach.
    - D. Everybody Has a Guy
      1. Hitting, Pitching, Nutrition, Trainer.
      2. Training vs. Competition
  5. Parents and Parenting Style
  6. Social Media
    - A. Internet Code of Conduct
  7. Mental Health
  
- III. Players Need Coaches More Than Ever
  1. Role is to develop people, not just teach baseball.
  2. Establish habits for life!
  3. Teach and model response to adversity.



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#### Upper Body Traits of High Level Throwers

- 1) Catch It In Front
- 2) Low Separation
- 3) Down Out of the Glove
- 4) Simultaneous Scap Pinch
- 5) Power 'V' High Cocked Position
- 6) Plane of Rotation
- 7) Release Leaning To Glove Side
- 8) Finish

#### Lower Body Traits of High Level Throwers

- 1) Alignment-Right Behind Left
- 2) Right Foot Perpendicular to the Target
- 3) Hips Hinged-Cocontraction of Quad & Glutes
- 4) Ride the Back Side & Roll the Laces
- 5) 747 Vs. Helicopter Route
- 6) Stride Line To Target Line-Long Linear & Late Rotation
- 7) Lead Leg Force Couple

#### Throwing To 3b

- 1) Behind
- 2) Over
- 3) Leave Early
- 4) Load & Throw
- 5) Delay Pick
- 6) Front Pick

#### Picks At 1b

- 1) Block, Retrieve, Look To 2b & Readjust to 1b
- 2) Pitch Leads You There
- 3) Pitch Out
- 4) Delay
- 5) Draw Interference

#### Pitch Outs

- 1) Traditional
- 2) Modified
- 3) New Age
- 4) One Hop

#### Throwing Drills

- 1) Positive Direction
- 2) Spin Balls
- 3) Athletic Throwing
- 4) Chair Drill
- 5) Throwing Program

#### Tag Plays (Old Time Collision)

- 1) Set Up LF/CF vs. RF
- 2) One Hand Sweep Tag
- 3) Drop Step
- 4) One Knee/Two Knee
- 5) High Hard Tag
- 6) Ball High & Into the Line

#### Fielding Progression For Bunts

- 1) 3 Ball
- 2) Random Roll
- 3) Machine Random
- 4) Competitive Drill

#### Receiving Shadow Pitches

- 1) Low Ball
- 2) High Ball
- 3) Side To Side
- 4) Drills
  - A. CRT Belt Blend
  - B. Heavy Glove Blend
  - C. Keyhole Glove

#### Blocking Game

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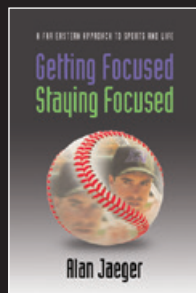


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**JOHN SAVAGE**  
**UCLA**

Pitching to Win: Essentials of a High-Level Pitcher

1. Pitch Ability
2. Repeat Ability
3. Deception & Stuff
4. Fastball Command
5. Own the Change Up
6. One Above Average Breaking Ball
7. Fastball Areas
8. Wind Up & Stretch
9. Control Running Game
10. Game Management
11. Establish A Role
12. Staff Alignment
13. Bruin Principles of Competing
14. Starter vs. Reliever

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**Bestselling Author**

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**All's Well That Ends Well**  
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## MATT TALARICO New York Yankees

### Lessons From Developing Today's Base Stealer

#### Introduction

#### The Beginning

**Inception:** Starting the coaching journey and initial experiments with base stealing.

**Innovation:** Introducing different methods in base stealing.

#### The Next Level

**Challenges:** Implementing the base stealing system across an entire team.

**Learning:** Understanding the importance of player accountability and attention to detail.

**Drill Work Introduction:** Basic drills focusing on leadoffs, pickoff reactions, and sliding techniques.

#### Full Autonomy and Roller Coasters (2011-2015)

**Autonomy:** Gaining full control over base stealing and its integration into offense.

**Breakthrough:** Identifying and exploiting gaps in traditional base running approaches.

**Drill Evolution:** Transitioning from large group drills to smaller, more realistic drill work to mitigate in-game fear.

#### Building Something Bigger (2016)

**New Beginnings:** Implementing the system with enhanced talent.

**Key Takeaway:** The significance of relationships and collective investment in a vision.

#### Focus Shift in Drills:

*2016:* A master's degree in resourcefulness: Adapting drills to constraints, such as lack of sliding space, and integrating footwork into conditioning.

*2017:* Moving from basic drills to running mechanics to enhance player speed.

#### Professional Baseball - The Yankees (2019-2022)

**New Challenges:** Transitioning to professional baseball and coordinating at the minor league level.

**Realization:** Learning to coach the masses and drawing from many lessons learned up to this point in my career.

#### Lessons in Collaboration:

*2020:* Introducing base stealing to minor league players.

*2021:* Introducing speed development throughout an organization.

**Adaptation:** Learning to integrate work into schedules and coaching players at the highest level.

**Complete System:** Implementing a comprehensive system that includes aggressive base running, a base stealing arsenal, and a plan for speed development.

#### Conclusion

Contact: [StealBases.com](http://StealBases.com) "contact" tab

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**BILL MOSIELLO**  
**Ohio State University**

**Old School vs. New School Hitting - Adapt or Die**

- I. Today's Information (Can Become Overwhelming)
  
- II. Are Today's Hitters Better Than Ever?
  
- III. What Is Important to You? (What Kind of Hitter Are You Trying to Develop?)
  - A. New Age
  - B. Winning Hitters (Complete)
  - C. Hitting to Win vs. Chasing Metrics
  
- IV. Simplicity - Making It Harder Than It Is
  
- V. Player Development Centers (Hitting Gurus) vs. Hitting Coaches
  
- VI. Process vs. Results



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**TODD FITZ-GERALD**  
**Marjory Stoneman Douglas High School**  
Practice the Douglas Way: A Championship Formula

1. Five Essentials for Effective Practice:
  - a. Attitude
  - b. Hustle/ Enthusiasm
  - c. Focus/Concentration
  - d. Intensity
  - e. 1 Percent Rule/Competition
  
2. What Do We “Want to Accomplish Everyday”
  - a. Be a Great Teammate – I.N.A.M.
  - b. Practice at Game Speed – Why?
  - c. Pay Attention to Detail – It’s the Little Things that Get You Beat
  - d. Technique Over Everything Else, Total Buy In
  - e. Be Gassed After Practice, If You’re Not Tired You Didn’t Work Hard Enough
  - f. Fundamentals
  
3. Perfect the System – Our Daily Routine
  
4. Coaching Staff Teaching the Game - I Am Only As Good As the People I Surround Myself With
  - a. Committed – Field Prep, On Time, Fungo, BP
  - b. Can They Teach the Game?
  - c. Can They Communicate?
  - d. Are They Consistent/Caring and Do They Share the Same Vision As You?
  - e. We Teach Baseball and Life Skills
  - f. Our Entire Staff Coaches Varsity and JV
  
5. Everything Matters – Standard Of Excellence...
  - a. Your Appearance
  - b. Your Body Language
  - c. Your In School and Out Of School Behavior
  - d. Your Communication
  - e. Your Attitude
  - f. Your Preparation
  - g. Your Desire to Be Great At Everything You Do
  - h. Your Work Ethic

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**ZACH SORENSON**  
**Atlanta Braves**

**The Hard 90: How To Prepare, Compete, and Progress in the Mental Game**

- I. The Three Things All Players Need from Us as Coaches
  - A. Do You Care About Me
  - B. Can I Trust You
  - C. Will You Make Me Better

II. Good, Better, Best

III. The Prepare Phase of Mental Performance Mastery

- A. A.M. Routine
  - 1. Hard 90 Podcast
  - 2. Mental Performance Daily Podcast
  - 3. Barefoot Meditation
  - 4. Scouting Reports
  - 5. Accountability Mirror
- B. Pre-Game Routine
  - 1. What is Your 14:24
  - 2. Mind Movies
  - 3. BALL Meditation

IV. The Compete Phase of Mental Performance Mastery

- A. In the Gap
- B. Controlled Intensity Scale
- C. Ideal Performance State
- D. 3 Keys to Keep It Simple
- E. Recognize Your Signal Lights
  - 1. The Breath
  - 2. Refocus Routine
  - 3. Release Routine

V. The Progress Phase of Mental Performance Mastery

- A. Post-Game Routine
  - 1. 1 Hour Rule
  - 2. Well-Better-How
  - 3. Execution Journal
- B. P.M. Routine
  - 1. Start, Stop, Continue
  - 2. Rumble Strips
  - 3. Cookie Jar

VI. Fly Above the Storms

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**MIKE GAMBINO**  
**Penn State University**

Indoor Practice Planning: The Space-Time Continuum

Big (or small, depending on space) picture

- We believe in database over instincts
- Skill acquisition, skill development, competition
- What you value drives curriculum, space doesn't
- Make it an advantage

Indoor practice planning starts outdoors

- What can be done outdoors and when can it be done (fall vs. preseason)
- In preseason getting outdoors trumps indoor plan

Stealing time

- Where else can you meet?
- Where else can you stretch?
- Where can you hit?

Using the space – anywhere can be anything

- Run down drills
- Infielders throwing to bases
- Outfielders throwing to bases
- Controlling runners

Small diamond reps

- Four corner drill
- Bunt defense
- Infield halfway

Some (of the many) mistakes I've made

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## **BLAKE BEEMER Butler University**

Covering Ground: Outfield Play from the Northeast to the Southwest

- **What are Our Goals as an Outfield?**

- Game-like
- Consistency
- Routine Play Routinely

- **Mentality of Our Outfielders**

- Sinking Line Drive
- Understanding the Game
- Allowing Our Tools to Play Up

- **Northeast and Northwest Drills**

- Form Running
- Ground Ball Series
- Work Behind the Baseball Drill

- **Midwest Drills**

- Footwork and Cone Series
- Tennis Ball Series

- **Southeast Drills**

- Getting Hips Open
- Football Routes w/Football
- Straight-Line Sprint

- **Southwest Drills**

- Black Out Glasses
- Losing Baseball
- Spin & Replace

- **Nationwide Drills**

- Egg Toss
- Communication Drill
- Gauntlet
- Diving Practice

# POWERING YOUR SPORTS EXPERIENCE




“ Stack Sports powers every step of your baseball journey with software solutions built for the modern game. Our mission is to increase participation and transform your sports experience through easy-to-use services that connect athletes, parents, coaches, referees, and volunteers to the game we love. ”

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-  **Tournament Management**
-  **Team Travel**





**H.R. POWELL**  
**University of Miami**

**Power Development in Baseball: A Simplistic Approach to  
Adding MPH and Increasing Exit Velocities**

**Introduction:**

- In today's game the baseball athlete is becoming bigger, faster, stronger, and more explosive
- The advantages to adding MPH and increasing exit velocities

**Power Development and Baseball:**

- Understanding the energy systems
  - Anaerobic vs. Aerobic
  - ATP-PCr System
- All baseball players, no matter the position, need to develop a strong foundation of power and speed
- This can be accomplished by the following:
  - a. Sprinting
  - b. Jumping
  - c. Lifting Weight with Intent
  - d. Medicine Balls
  - e. Olympic Lifting Techniques for the More Advanced Athlete

**Sprinting:**

- The importance of understanding the difference between speed and conditioning
- Training for speed and conditioning are two very different things
- Can you train speed under conditions of fatigue?

**Jumping:**

- Using jumps as a neural primer
- Using jumps in contrast with heavy weights to maximize muscle motor unit recruitment

**Lifting Weight with Intent:**

- A strong base of strength sets up a solid foundation for power development
- When you stop lifting weights just to lift weights and start moving every rep with intent, that's when you will see the biggest improvements in power
- Velocity Based Training

**Medicine Balls:**

- Medicine balls are a quick and easy way to develop power in both the novice and advanced athlete
- Early Off-Season Medicine Ball programming
- Off-Season Medicine Ball Programming
- In-Season Medicine Ball Programming

**Olympic Lifting Techniques for the More Advanced Athlete:**

- Risk vs. Reward
- Olympic lifts teaching athleticism, and keeping workouts fun
- Clean Progressions

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The Web Flex protective screens feature patented technology, unsurpassed construction and maximum durability.

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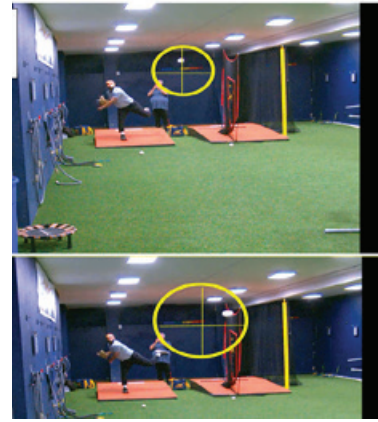
**T.J. BRUCE**  
**Texas Christian University**  
What I've Learned: TCU Infield Play

- I. Dynamic Warm-up – “You warm-up to throw and compete, not throw to warm-up”**
  - a) Tubing Routine
  - b) Distance / Footwork (Cones, Ladders)
  - c) Throwing Program
  - d) Throwing Partners
  
- II. Identity**
  - a) Attitude and Effort
  - b) Core Convictions
  - c) Trust the Stakes
  - d) Want the Ball
  
- III. Proper Fielding Positioning**
  - a) Understanding Different infield dimensions
  - b) Where should your infielders start (Nobody on, Double Play Depth)
  - c) Working through the ball
  - d) Glove Positioning
  
- IV. Pre-Pitch Movement**
  - a) Determines if range is either gained or lost
  - b) Visual Information
  - c) Where do the eyes go?
  - d) Athletic Position
  
- V. Successful Infield Drills (Barehanded and with Glove)**
  - a) Secure the ball
  - b) Dominate the ball
  - c) Pre-Pitch movement
  - d) Stationary short hop
  - e) Running short hop
  - f) Knee Drill
  - g) Rolling Balls
  - h) Short Fungos
  - i) Counting Hops
  
- VI. Video**
  - a) Capture pre-pitch movement
  - b) 1st Step
  - c) Where are feet at Contact
  - d) Glove positioning



# Design 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 #109



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**Booth #109**  
Expo Presentation:  
Jan. 4th at 5:00pm



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**NICK DERBA**  
**University of Maine**  
**A Tool Kit to Build and Enhance Your Catchers**

1. Catcher makeup (for me)
    - a. Catch
    - b. Hit
    - c. Communicate
    - d. Accurate arm
    - e. Block
    - f. Flexibility
      - i. Present hip and ankle
  2. Defining range for a catcher
    - a. Top of head to ground/Box to box
    - b. What our web gems look like and the equivalent to another position
    - c. Important to define expectations for catchers (all players)
      - i. One ball transition=stolen calls
      - ii. Follow the plate for distance
  3. Stretch routine
    - a. Hip routine
    - b. Butterfly receiving (Introduce thumb and elbow positioning)
      - i. Glove loads
  4. What is the purpose of the stance and when can I use them?
    - a. 1 knee, up stance and hybrid...use them all
      - i. Each has their place but what is your stance used for?
        1. 1 knee
        2. Secondary- hamstring height
          - a. Off set/side saddle
        3. Standard primary
          - a. Knee drop to frame
      - ii. How is your pitcher's command?
      - iii. Do they have big misses often? That is an important piece of the equation
      - iv. Situationally based and based on personnel
  5. Arriving at game speed
    - a. Slowest form of receiving to fastest:
      - i. Bare hand drill
        1. Mask cover work
        2. Focus on sight line
        3. Double ball toss
        4. Rapid fire
      - ii. Coach Thrown
        1. Angle toss
        2. Fungo
  - iii. Machine – give them the nasty
    1. Breaking balls
    2. Pick work
    3. The plank
  - iv. Bullpen
    1. The best practice
    2. Great time to work on soft focus
  - v. Game
    1. Let it ride
    2. Be invisible.
  - vi. Always fighting to be at the former
    1. Control breathing
- b. Attention and focus are tools that must be exercised
  - i. Very important for all work especially in practice
  - ii. In between sets/pitches should be working on “seeing” the pitch
  - iii. Very important to learn efficiency
6. Athleticism for catchers
  - a. GBs
  - b. Wall ball drills
  - c. OF drill work
  - d. Throwing drills
    - i. Bunt drill
    - ii. Line drill
    - iii. Box drill
    - iv. Roll Drill
    - v. Pick work throws
    - vi. Outdoor throws
      1. Short throwing
      2. Advance base throwing
7. Blocking technique...the best blockers are the best receivers
  - a. Roll Drill
  - b. Dry drill
  - c. Extended pick work and proper movements
  - d. Butterfly blocking
8. Makeup and bedside manner with your patients (pitchers)
  - a. Bullpen and game body language
  - b. Coaches, umpires and other players
  - c. +catch and hits- starter
  - d. +catch and – hit- back up
  - e. – catch and + hit- DH

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**RON SIERS, Jr., Ph.D.  
Salisbury University**

**Leadership 4.0: Empowering Student-Athletes to Lead for Extraordinary Outcomes  
While Modeling Exemplary Teammate Characteristics**

**Define Leadership**

**Define Followership**

**Leadership 1.0 (Kelly, 2019)**

**Leadership 2.0 (Kelly, 2019)**

**Leadership 3.0 (Kelly, 2019)**

**Leadership 4.0 (Marianne, 2020)**

**Transformational Model (Kouzes & Posner, 2023)**

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**Inspire a Shared Vision**

**Challenge the Process**

**Enable Others to Act**

**Encourage the Heart**

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- 2023 I-70 Baseball Coaches Clinic
- 2023 MHSBCA Grassroots Baseball Clinic
- 2023 On-Campus Baseball Shoots







## JEFF SHERMAN

### Flower Mound Marcus High School

#### Three Offensive Principles that Translate to REAL In-Game Results

- **Principle 1 – Explore**

- \* FOUNDATION – ZOO – FEED THE BEAST
  - Establish pathways to correct movement patterns
    - ⇒ Bracing, Feels, Consistency
  - Understanding the lever system
    - ⇒ Velocity, Complexity, Intensity
  - Feedback is the muscle that fuels a hitter
    - ⇒ Daily journal, Video, Explore

*Goal – Create correct movement patterns; learns how to ball strike; connects the understanding of eyes and brain; creates a path and journey for athletes to build upon.*

- **Principle 2 – Beast**

- \* COMPETITION – JUNGLE – FIGHT
  - Learn how to execute in LIVE game
    - ⇒ Process information quickly
  - Understanding with multiple factors in your head
    - ⇒ Play at a fast speed
  - Create the realization of failure
    - ⇒ Train the muscle of MENTAL Toughness

*Goal – Create ways to get feedback from your offensive team. Play fast with pressure and toughness.*

- **Principle 3 – Servant**

- \* BLENDING – DEVELOPMENT – WIN
  - Questioning – finding players snow globe
    - ⇒ What do you think? What did you see?
  - Results, Film, Thoughts
    - ⇒ Diagnosing the problem
  - Learning how to pass the baton to the next hitter
    - ⇒ Understanding your strengths

*Goal – Maximizing the player to full potential.*

A large, detailed image of a white baseball with green and yellow stitching, positioned behind a semi-transparent grey rectangular box that contains the main headline.

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**KEVIN BROOKS**  
**Angelo State University**  
Daily Routines for Defensive Dominance

A. Philosophy

1. Consistency
2. Free Bases – Not trying to win, trying not to lose
3. Defense able to improve the most in shortest amount of time
4. Short number of reps done perfectly
5. Game-Like
6. Practice Implementation

B. Warm Up

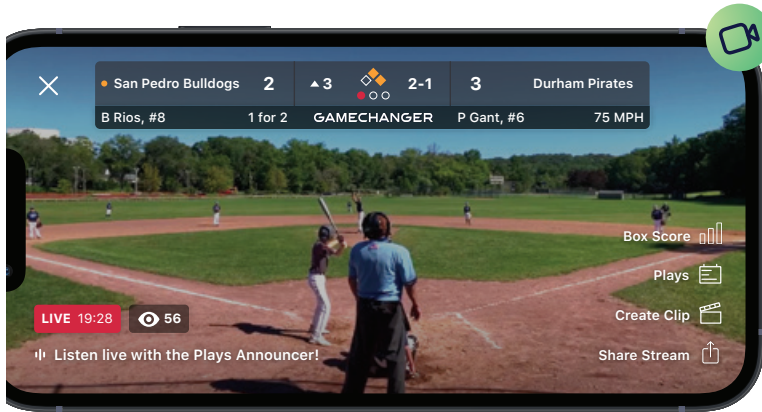
1. Pre-Practice / Warmup
  - a. IF
  - b. OF
  - c. C
2. Catch / Long Toss
  - a. IF
  - b. OF

C. Team Drills

1. Defensive Drill
2. React during BP
3. KAOS
4. 2 Fungo Infield

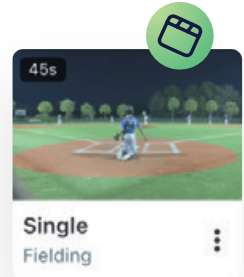
D. Conclusions

# STREAM YOUR GAMES, SCORE THE ACTION, AND CONNECT WITH FANS



## LIVE VIDEO STREAMING

- Scoreboard on live streams
- Highlight clip sharing
- Video Archives
- Live play-by-play announcer
- Automatic highlight clips for most plays, downloadable & shareable



## SCOREKEEPING AND STATS

- Simple and powerful scorekeeping
- Pitch Count Tracking & Reporting
- MaxPreps integration
- Pitching spray charts
- In-app stat editing
- Better opponent stats & spray charts
- Starting lineup capabilities

Standings Schedule Leaders Teams Pitch C

Earned Run Average

1	CR	Cory Ross, #3	1.75
		Eastern Hurricanes	

## LEAGUES AND TOURNAMENTS

- Admins can schedule all games for teams
- Set an official scorekeeper for both teams
- Standings to show wins/losses/ties
- Pitching, hitting, and defensive leaderboard

Career Stats Video Clips

Career Stats Batting - Standard

Season	AVG	OBP	OPS	SLG
Spring 2020 - SHS	.117	.500	1.080	.58
Spring 2021 - SHS	.429	.589	1.440	.83
Spring 2022 - SHS	.227	.628	1.660	1.01

## ATHLETE PROFILES

- Add your career stats from your entire time on Gamechanger
- Customizable athlete bio
- Add your best clips to share with friends, family, and coaches

## TEAM COMMUNICATION AND SCHEDULING

- Stay on top of your team with messaging and alerts
- Share exciting moments with photo sharing
- Keep track of events with scheduling & calendar sync
- RSVP with your availability

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# ABCA Youth Coaches Session

Presented by GameChanger

Grapevine Ballroom A • Gaylord Texan



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## Friday, January 5, 2024

- 9:30 a.m. **Connor Gandossy, Creighton University**  
Promoting Athleticism Within the Modern Day Catcher
- 10:10 a.m. **Zach Dillon, Baylor University**  
The Race to Six: Building Dynamic Team Offense to WIN No Matter the Circumstance
- 10:50 a.m. **Tracy Hayes, Amplified Movement**  
Three Things Coaches Misunderstand About Mobility: Simple & Effective Ways to Integrate Mobility Within Existing Training
- 11:30 a.m. **Lunch Break** – Concessions are available outside the ABCA Trade Show and by the Expo Theater!
- 12:30 p.m. **Drew Briese, Centre College/USA Baseball**  
Planning & Drills for an Effective and Efficient Training Environment
- 1:10 p.m. **Bucky Mieras, West Metro Baseball (MN)**  
Relationships, Culture, Competition
- 2:00 p.m. **Bob Kendrick, Negro Leagues Baseball Museum**  
Diversity in Baseball  
*This Main Clinic Hall Presentation will be live streamed in the Youth Coaches Session.*
- 2:50 p.m. **Alan Orgain, LSU Eunice**  
The Pitching Windup: Five Phases and Throwing Drills
- 3:30 p.m. **Logan Stout, Dallas Patriots**  
How to be a Visionary Leader for You and Those Counting on You

## Saturday, January 6, 2024

- 9:30 a.m. **Jordan Baltimore, New York Empire**  
Cage to Game: Coaching Drills & Training Programs for Player Development and Team Success
- 10:10 a.m. **Austin Byler, Major League University**  
Champions Mindset: Inside the Mind of a Champion
- 10:50 a.m. **Jason Corley, Capitol Hill High School**  
Taking the Outfield from Nothing to Something: The RedWolf Way
- 11:30 a.m. **Lunch Break** – Concessions are available outside the ABCA Trade Show and by the Expo Theater!
- 12:30 p.m. **Anthony Gilich, Arizona State University**  
Leaders Develop Leaders
- 1:10 p.m. **RJ Farrell, Orange Lutheran H.S./USA Baseball**  
Preparing the Plan: How to Build Your Practice Structure
- 1:50 p.m. **Beth Woerner, Lebanon Valley College**  
How to Understand and Improve the Infield Prep Step
- 2:30 p.m. **Tyler Kincaid, Blue Valley Southwest H.S.**  
We Talking 'Bout "Charts"???

## Post-Clinic Q&A Sessions

Following each presentation, a Post-Clinic Question & Answer Session will be held in Fort Worth 7.



All current ABCA members have access to nearly 600 clinic videos on [www.ABCA.org](http://www.ABCA.org) and in the My ABCA mobile app! The videos from the 2024 Convention will be released to attendees by February 1.

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- Training Bigger & Stronger Players
  - The Good & The Bad
- 5 Musts
  - Athletes
  - Hybrid Methods
  - Catching and Throwing
  - Receiving
  - Leadership
- Athlete
  - Flexibility
  - Agility
  - Resistance Training
- Hybrid
  - Set Up
  - Footwork
  - Transfer
  - Blocking
- Catching and Throwing
  - Creighton Throwing Program
  - Drills
- Receiving
  - Variety
    - “Old School”
    - “New School”
  - $\frac{3}{4}$  Turn
- Leadership
  - The Struggle
  - Verbal vs. Non-Verbal
  - In-Game vs. Practice Settings



# HOW VANDERBILT BASEBALL LEVERAGES CATAPULT TO ENHANCE ATHLETIC PERFORMANCE

With an illustrious history, Vanderbilt's baseball program has consistently been a force to reckon with in the NCAA. Known for their competitive edge, the Commodores are always seeking innovative ways to maintain their momentum.

One of their recent strategic moves? The integration of Catapult's state-of-the-art athlete monitoring technology.

This integration with Catapult aligns with three key themes: the use of technology in sync with S&C principles, harnessing data and analytics in baseball, and the introduction of Pitch Metrics to objectify the performance of athletes in baseball's most influential position.

## VANDERBILT & CATAPULT: SYNCHRONIZING WITH S&C STRATEGY

A dynamic and evolving philosophy underscores Vanderbilt baseball's approach to strength and conditioning.

The reason for adopting Catapult technology traces back to the football program and the need for specific training practices. As Grisanti highlights, "The weight room has its generalities, but the need for specificity in speed and conditioning is paramount. Catapult fills this gap, precisely understanding player dynamics during training and games."

## A SCIENTIFIC APPROACH TO MONITORING BASEBALL PLAYERS

Today, baseball is as much about numbers as it is about intuition. Grisanti notes, "Being able to make smarter decisions in preparing the athletes is pivotal."

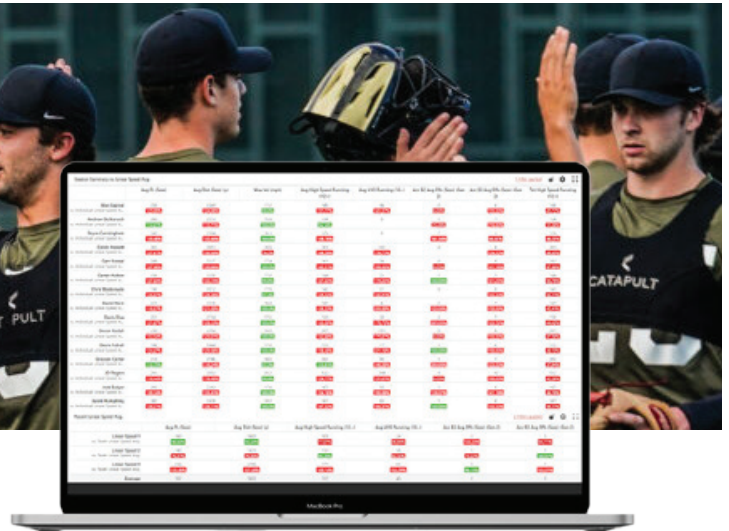
With Catapult's real-time data, the Vanderbilt Baseball program can strike a balance between overtraining and undertraining, ensuring that athletes are adequately prepared for competitive periods.

Hunter Reeser, Vanderbilt Baseball's Assistant Strength Coach, says, "We're keenly focused on monitoring load, speed, and specific acceleration efforts. Catapult's technology provides a clear picture, ensuring we're aligned with game intensities and our training goals."

The specific metrics they monitor: "We're looking at avg. Player Load, avg. distance, avg. high speed (12 & 16+), max velocity, and acceleration band 2 & band 3 efforts," says Reeser. These metrics help match game demands to training sessions, ensuring progressive intensity and volume.

In addition to specifically monitoring set metrics, Catapult's real-time feedback has often resulted in direct adjustments to player training plans. Grisanti elaborates, "There's a common misconception that workload management always means less work. We've used Catapult's insights to make sure players are progressively accumulating more work."

**“ IN SOME CASES, WE’VE HAD TO DIAL BACK ON AN ATHLETE’S TRAINING VOLUME DUE TO FATIGUE. IN OTHERS, IT’S BEEN ABOUT PUSHING THEM TO ACCUMULATE MORE WORK. CATAPULT GIVES US THAT CLARITY. ”**



## BUILDING BRIDGES THROUGH DASHBOARDS

In bridging the gap between the data and its application in baseball, Vector's dashboards have played an important role.

## VANDERBILT BASEBALL: CATAPULT VECTOR DASHBOARD

A testament to the effectiveness of the dashboards, Grisanti proudly shares, "Having clear and concise dashboards helps the communication process. The visuals help understand what the day, week, or month looked like," Grisanti explains.

## MAXIMIZING TECH WITHOUT A DEDICATED TEAM

With elite teams across various sports utilizing Catapult, a common misconception is the need for a dedicated team to oversee its operations. However, Catapult's robust Customer Success team ensures NCAA programs can seamlessly integrate and optimize their technology.

Reeser praises their support, "We've been fortunate to have a dedicated Catapult sports scientist who's been instrumental in tailoring the system to our needs. This has given us sharper insights into our athletes' performance dynamics."

Further, Grisanti adds, "With Catapult, we've achieved a common language among our performance team, ensuring we're all aligned in our training objectives. It has also been important in our return-to-play protocols and fine-tuning our competitive strategies."

## GAINING TRUST: ATHLETES AND COACHES EMBRACING THE TECH ERA

With advancements in technology, it's no surprise that today's athletes are more receptive to integrating athlete monitoring devices into their routines. Vanderbilt's players are no exception.

**“ OUR ATHLETES HAVE SHOWCASED IMMENSE CURIOSITY ABOUT THE CATAPULT VECTOR DEVICES. IT’S BEEN A GREAT EDUCATIONAL OPPORTUNITY FOR US. ”**

However, it's not just the athletes. The coaching staff has also seen the value in the data Catapult provides. Grisanti notes, "The insights from Catapult often highlight nuances that might have been overlooked. It reinforces that our training plans are on track and helps us ensure our session goals are met."

In a sport as dynamic and competitive as baseball, having a technological edge can make all the difference. For Vanderbilt, Catapult is that edge, driving smarter decisions, improving performance, and ensuring their athletes are always at the top of their performance.

**LEARN MORE AT CATAPULT.COM**





## ZACH DILLON Baylor University

### The Race to Six: Building Dynamic Team Offense to WIN No Matter the Circumstance

#### Game within the Game

- A. Why 6 runs?
- B. Historical Data
- C. Creating Attainable Team Goals

#### Building Adaptable Swings to handle what the game is presenting

- A. Balance
- B. Path
- C. Direction
- D. The Engine
- E. Rhythm and Timing

#### Creating an Identity for Each Individual Hitter

- A. Must know who you are, before you can execute consistently.
- B. What do I do well? How do I maximize this with my daily work and approach.
- C. What do I struggle with? How do I attack this without compromising my strengths.

#### Becoming Elite Swing Decision Makers

- A. Information Gathering: Who is the pitcher? What are his strengths? How does he want to attack?
- B. Using Information for Preparation.
- C. Knowing our hot zones: What pitches do I do damage on. (Location and Pitch Type)
- D. Understanding count leverage
  - 1. Plus counts
  - 2. Even counts
  - 3. 2 K counts
- E. Relentless 2 K Approach 1-9.
  - 1. SIC EM SWINGS: TEAM is "All in" on our plan
  - 2. Making the physical and mental adjustments necessary to compete at our highest level
- F. The BB and HBP are body shots that lead to the knockout punch.
- G. Using Situational Hitting and Park Conditions to Simplify our plan.
- H. Goal: Chasing 27 Highly competitive outs that lead us to our desired outcome.

QAB Tracking: Each AB is a small battle leading to winning or losing the war. We want to become obsessed with winning our battles.

#### Baserunning and Bunt Game: Special Teams create Momentum

- A. Forcing the opponent to focus on multiple factors leads to pressure and a lack of execution.
- B. These plays create positive momentum and energy.
- C. Leads to delivery changes, pitch selection adjustments, and defensive breakdowns and mistakes.
- D. Takes away from the pitcher's ability to execute pitches.
- E. We want to take full advantage of all opportunities to move up 90 feet.
  - 1. Hard 90's and Turns
  - 2. Stolen Base 2<sup>nd</sup> and 3<sup>rd</sup>
  - 3. Fake Break
  - 4. Double Steal Offense
  - 5. Dirtball Reads
  - 6. 1<sup>st</sup> to 3<sup>rd</sup>
  - 7. Heads Down Play
  - 8. Hustle Doubles
- F. Taking pride in Playing the Game as Hard as we can with situational awareness and anticipation.
- G. Developing a bunt game that gets executed on command.
  - 1. Sac 1B/3B
  - 2. Drag
  - 3. Push
  - 4. Fake Bunt Slash Hit/Run
  - 5. Fake Bunt
  - 6. Safety Squeeze

#### Conclusion: How do we execute?

- A. Install and Teach in great detail.
- B. Chase skill mastery everyday.
- C. Accountability measures in place for system execution.
- D. Developing a Culture of Competition.

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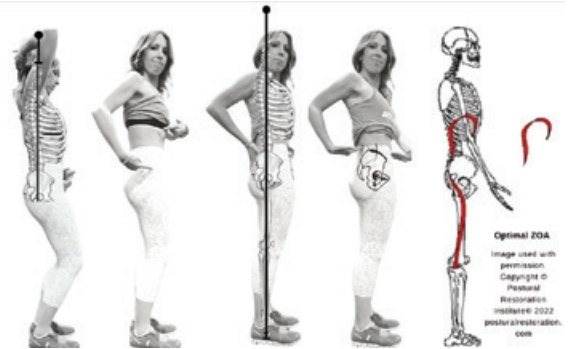
## TRACY HAYES Amplified Movement

### Three Things Coaches Misunderstand About Mobility: Simple & Effective Ways to Integrate Mobility Within Existing Training

#### NAIL THE BASICS

If the basics are crappy, everything that follows will be, too

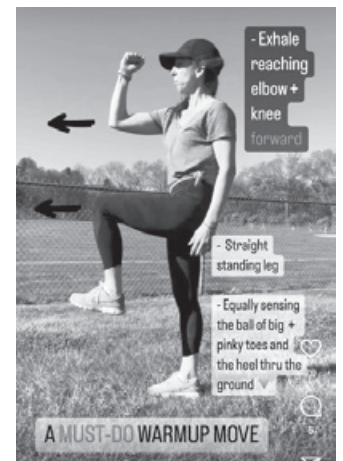
- I. Clean Up Crappy Form
  - A. Ribcage Stacking
  - B. Forward Head
  - C. Neutral Pelvis
  - D. Head/Ribs/Pelvis Aligned = CNS feels safe = greater ROM
  
- II. Use Breathwork to Your Advantage
  - A. Full exhales
  - B. Direct inhales to expand back ribs
  - C. Compression in joints/ribcage = limited ROM, Expansion in joints/ribcage = greater freedom of movement, increased ROM



#### DRILL SELECTION

How to choose drills that actually do something beneficial

- Static vs. Dynamic (Hint: ditch the old-school static stretches)
- Warmup the BRAIN (CNS)
- Warmup: POPs (Pushing Opposite Parts)
- Warmup + Recovery: CARS (Controlled Articular Rotations)
- Recovery: Allow the CNS to chill + feel safe
- Recovery: Good opportunity to relax into Active Range options



#### Modified Side Plank Ups

- Elbow directly under shoulder
- Lean slightly back to feel scap support
- Firm thru side abs to lift up slightly



#### 90/90 Hip Switch

- As close to 90 degree bends in knees
- Ok to lean back onto hands
- Tall thru the chest, firm thru core
- Knees moving away from each other



#### with Alternating Reach

- Belly button in line with front knee
- Hinge, reaching straight arm towards ground. Pause for full Inhale thru nose, sigh exhale out mouth, pause. Switch.

As you inhale see if you can expand your back ribs

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## DREW BRIESE Centre College/USA Baseball

### Planning & Drills for an Effective and Efficient Training Environment

#### 1. Sell the Vision

- a. What are your goals as a team?
- b. How do you achieve them?
- c. How is training affected by the vision?

EX: USA BASEBALL (2022 15U National Team):

Vision = One Mission...How did that affect training and prep?

Centre Baseball (2022-2023)

Vision = Show Up and Get to Work...How did that affect training and prep?

#### 2. Planning and Communication

- a. Daily Goals (Offensive/Defensive/Pitching)...What do we want to accomplish today?
- b. Building Individual Fundamental Skills (Infield, Outfield, Catcher, Pitcher, Hitter, Baserunner)
- c. Building Team Fundamentals (Cuts + Relays, Rundowns, Fly Ball Comms, 1<sup>st</sup>-3<sup>rd</sup> Offense and Defense)
- d. Communicate with Players...They want and need to know keys for training.

#### 3. Negotiating Constraints

- a. Time
- b. Coaching Personnel
- c. Equipment
- d. Location/Weather

#### 4. Drills to Promote Effective and Efficient Practice

- a. Offense
  - i. 9-Out Scrimmage
  - ii. Dead-Live Scrimmage
  - iii. Short/Running Game Circuits
- b. Defense
  - i. Team Japan Drill
  - ii. Pitcher Skill Drill
  - iii. 3-Line Drills with Pitchers

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**BUCKY MIERAS**  
**West Metro Baseball**  
Relationships, Culture, Competition

- I. Introduction
  - A. Coach, AD, Parent, Learning from others
  - B. How did I get here?
    - 1. Intertwine the three
    - 2. Others I have learned from
  
- II. First Steps
  - A. Own your *Why?* Purpose vs. Goal
  - B. West Metro Baseball Club MVP Process & Culture
    - 1. Drives our behavior and habits
    - 2. On paper and shared
    - 3. Re-evaluate - self reflect and adjust to be best you and program
    - 4. Coaches guide it, players live it
  
- III. Relationships - *the state of being connected*
  - A. Individual
    - 1. First step in developing a good player is to get them to believe they are a good person
      - a) Say name everyday
      - b) Give/Receive Praise
      - c) Live by the Golden Rule
  - B. Group
    - 1. How do we treat each other? words, listening, actions
  - C. Coach
    - 1. Roles for coaches, share conversations, know roles
    - 2. Make all coaches feel invested - roles, trust, let them coach
  
- IV. Culture - *the way we do things / the way we behave around here*
  - A. Coaches job to design and guide the culture
  - B. Players can live it and add to it
  - C. Everywhere - sports, school, community, home, everywhere
  
- V. Competition and Team Activities
  - A. Activities
  - B. Team Drills
  - C. What we value



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## ALAN ORGAIN LSU Eunice

### The Pitching Windup: Five Phases and Throwing Drills

- A. Phase 0
  - a. Heels on the rubber, toes in the dirt
  - b. Take a deep breath to relax shoulders, arm, and release tension
- B. Phase 1
  - a. Step back with the glove foot
    - i. Short step at 45 degrees, Turn shoulders towards dugout, Hands move down
- C. Phase 2
  - a. Balance Position / Leg Lift
    - i. Hands and knee move together, Toe is relaxed, Chin over belt buckle over toes
      - 1. Chin tucked behind front shoulder
- D. Phase 2 ½
  - a. Sit down on the back leg
    - i. Load the glute, Like sitting on a bar stool, Hands separate thumbs down
- E. Phase 3
  - a. Power Position / Foot Plant
    - i. Chin stays behind from shoulder, Front arm is your sights to target, Foot plants at 45 degree angle, Throwing arm makes small circles
      - 1. Weight still loaded on back leg
- F. Phase 4
  - a. Launch Position
    - i. Glove and chest meet together, No weak front sides with glove at my thigh, Hand where I can see the ball out of the corner of my eye, Chest to the catcher, Back heel to the sky
- G. Phase 5
  - a. Finish Position
    - i. Chest over my front leg, Shoulder to shoulder, Laser to Laser, Elbow touches outside of knee, Back leg makes the letter "V", Bottom of my foot faces the sky
- H. Throwing Drills
  - a. One-knee Flick - Throwing knee on ground, Four-seam grip, Elbow on glove, Glove at or above shoulder, Move arm 3 times, throw on the 4<sup>th</sup>, Make it spin fast, Throw shoulder in partner's glove
  - b. One-knee Rotations - Throwing knee on ground, Hands together in front of chest, Rotate gloveside, Rotate armside, Throw, Shoulder to Shoulder, Laser to laser, Arm path is short and quick around the circle
  - c. Standing Flick - Throwing foot slightly forward, Four-seam grip, Elbow on glove, Glove at or above shoulder, Move arm 3 times, throw on the 4<sup>th</sup>, Make it spin fast, Throw shoulder in partner's glove
  - d. Standing Rotations - Throwing foot slightly forward, Hands together in front of chest, Rotate gloveside, Rotate armside, Throw, Shoulder to Shoulder, Laser to laser, Arm path is short and quick around the circle
  - e. Phase 3 - Foot plant or Power Position, Chin stays behind from shoulder, Front arm is your sights to target, Foot plants at 45 degree angle, Throwing arm makes small circles, Hop back into 2 ½ and throw
  - f. Phase 2 - Leg lift / Balance Position, Hands and knee lift move together, Toe is relaxed, Chin over belt buckle over toes, Chin tucked behind front shoulder
  - g. Skip and Throw - Glove shoulder point toward partner, Glove foot slight step forward, Throwing foot steps behind, Skip on Throwing foot, Throw with follow through shoulder to shoulder

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


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## **JORDAN BALTIMORE** **New York Empire**

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#### **Coaching**

Our role as a Coach

- Inspire, motivate, prepare players to develop & perform on- and off-the-field
- Help others to make their mark on the game

How do we accomplish that?

- Create, shepherd, and steward a “winning” culture
- Shane Battier: “A winning culture doesn’t mean you win every game.”
- How do we “win every pitch?”
- How do we teach players that great inputs will lead to great output, and great output will lead to great outcomes, on average and over time?

What is winning? What is success?

- What do we measure?
- What do we ask for?
- Process over Outcome is critical.

#### **Drills**

The games within the game

- Break baseball down into components
- Teach and compete in process points & games

Baserunning

- Home to 1, 2, 3, 4. 1 to 2, 3, 4. 2 to 3, 4. 3 to 4.

Hitting

- Learn to swing then learn to hit. Set individual goals/processes.
- Use tech to measure process, input, output, outcome.

Fielding

- Focus on process points then evolve

Pitching & Catching

- Age appropriate “mechanics” & measurement

#### **Training Programs**

Specific use of Team/Tech Based Development & Qualitative Planning & Assessments

- Hitting Goals & Development with Blast Motion, HitTrax, Rapsodo
- Pitching Goals & Development with PitchLogic, Rapsodo
- Skill assessment and communication

[jordan@newyorkempirebaseball.org](mailto:jordan@newyorkempirebaseball.org)

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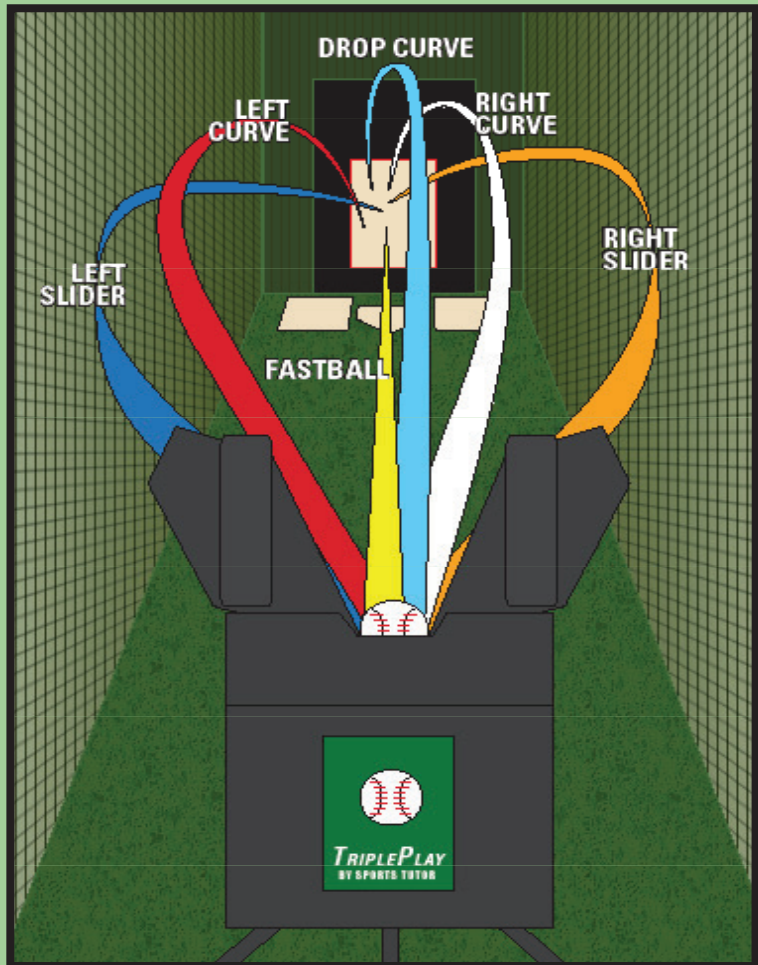


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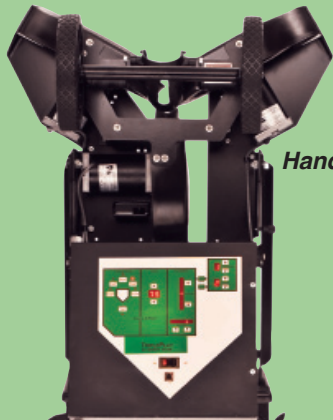
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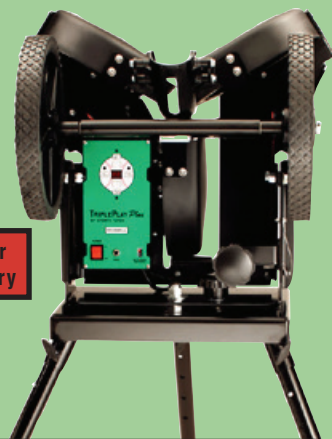
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**Mental Skill** – The ability to focus on the right thing at the right time

**W.T.F – Win The Fifteen** – Dominate the 15 seconds in between each pitch

**Reset Button** – An athletes ability to reset and refocus in the moment from pitch to pitch

*Get creative with ideas that relate to an athlete i.e. video game reset button, toilet flush, etc.*

**Verbal Cue** – Self-talk, power phrase, anchor word EX: I GOT THIS!

**Visual Cue** – Top of the left field foul pole, 3B, something you can see

**Physical Cue** – Breath, kick dirt, adjust batting gloves, hat on / off

**Visualization:** Active vs. Static

*Spend 5-10 minutes before practice getting your mind in the right headspace*

**Active** – Going through your pre-game feel actively EX: Anthony Rizzo with his eyes closed in the batter's box pre-game seeing & feeling what he wants to experience

**Static** – Laying down on the grass, sitting in the dugout, sitting in the clubhouse visualizing what you want to see, feel, and experience on the field EX: Polar Bear Pete Alonso

**SEE IT... FEEL IT... BELIEVE IT!**

*You see all things twice; first in the mind, second in reality*

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**JASON CORLEY**  
**Capitol Hill High School**

**Taking the Outfield from Nothing to Something: The RedWolf Way**

- A. Introduction
  - a. Why the inner city?
  - b. Why the title?
    - i. Challenge of inner city school
    - ii. Make A Plan
- B. Four Pillars of Outfield Play
  - a. Attitude
  - b. Hustle
  - c. Confidence
  - d. Sacrifice
- C. Practice and Pregame Drills
  - a. Two Knees - Over The Shoulders
  - b. Pre-Set Drills
    - i. No Glove
    - ii. Glove
- D. Practice Drills Utilized
  - a. Old School - Throw Ball in Air
  - b. Bucket Drill
  - c. Fence Drill
  - d. Footwork Drill
  - e. Dive Drill
  - f. Square Drill
  - g. Diamond Drill
  - h. Fungo
    - i. Ball below brim = in, above brim = back
- E. Game like Practice
  - a. BP
  - b. Inner Squad Point System
- F. In Game Adjustments
  - a. Berto's Numbering System
  - b. Take away the gaps
    - i. RF - 2nd & 3rd
    - ii. LF - 4 - closer to second



**ANTHONY GILICH**  
**Arizona State University**  
Leaders Develop Leaders

*“Leadership is an ACT, not a title”*

**BUILD RELATIONSHIPS/FAITH**

4 F's of buy in

Make deposits/withdrawals

**CONSISTENCY**

What you emphasize vs. What you allow

Show up EVERY DAY

**COMMUNICATION**

Honesty/Direct

Disagree and commit

**MODEL BEHAVIOR**

Live your message

Boss vs. Leader

**GIVE OWNERSHIP**

2.85%

Leaders develop leaders

anthony.gilich@asu.edu // Twitter: @AnthonyGilich



## RJ FARRELL

### Orange Lutheran High School/USA Baseball Preparing the Plan: How to Build Your Practice Structure

#### Elements To Consider When Developing A Practice Plan

Know Your Why

What is important to you?

Who are you coaching?

Make plans for the players, not for you

Limitations and advantages?

Macro plan executed with a micro focus

#### Philosophy Behind It All

Create baseball players

“Focused Learning”

Blending skill and scheme in both a zoo and jungle environment

Optimal practice session = skill development, Baseball IQ, Team Building, Competition

#### Time Management Tricks

#### Mapping Out A Macro Plan For The Off Season

Work backwards

Level you coach should dictate what this looks like

Entry level youth teams = learn skill, but more importantly come back next year

As skill levels increase focus of training should change

#### Executing The Macro Plan With A Micro Focus

It isn't practice until players get it right, it is practice until they can't get it wrong

#### Your Situation/Responsibility Is Different

Youth vs. Pre-High School

#### Drills That Incorporate Multiple Positions

Progressions

Team D

Infield and Outfield Splits



**BETH WOERNER**  
**Lebanon Valley College**

**How to Understand and Improve the Infield Prep Step**

Infield Philosophy

1. Preparation
2. Approach – Directional Reaction, Hop Recognition, Depth Reaction, Situational Adjustments
3. Containment – Glove Control, Efficient Movement Decision, Body Positioning, Creativity
4. Transfer – Balance, Separation, Footwork, Timing
5. Throwing – Strength, Arm Slot Adjustability

What happens during the Preparation?

What makes a good Prep Step?

How do we teach it? How can you as a coach evaluate a good Prep Step?

Drills:

- Drop ball
- Front toss fungo
- Live BP

What about footwork?



**TYLER KINCAID**  
**Blue Valley Southwest High School**  
 We Talking 'Bout "Charts"???

- **Why do we chart?**
  - Common Goals
  - Providing Feedback
  - Pro | College vs High School

- **Setting Up Our Chart?**
  - What Do You Value
    - Key | Legend
    - Breakdown

- **Charting with Efficiency + Detail**

At-Bat #1												
			Result:			Pitches / Total						
						/						
						A3P + / -						
						/						
B:												
S:												
V:												
Comments: _____												

At-Bat #2												
			Result:			Pitches / Total						
						/						
						A3P + / -						
						/						
B:												
S:												
V:												
Comments: _____												

At-Bat #3												
			Result:			Pitches / Total						
						/						
						A3P + / -						
						/						
B:												
S:												
V:												
Comments: _____												

- **In Game**
  - What Do We See
  - Adjustments | Counter Punches
  - How does this translate to college?
  
- **Post Game**
  - Breakdowns
  - Better feedback
  - Using it to Enhance Future Practices / Outings



**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 80th 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 15,000 members, with coaches from all 50 U.S. states and more than 40 countries. The 2023 Convention in Nashville was the largest ever, with 7,800 coaches in attendance as well as nearly 1,000 watching the clinics on live video streaming.

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We hope to see you in  
Washington, D.C. for the  
81st ABCA Convention!

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

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

**2026 ABCA Convention**  
January 8-11, 2026 – Columbus, OH

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



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