



West Coast Prospects – 2012 18u Development Team

This team is being put together for the **SOLE** purpose of “*player development*” and getting your child prepared for his baseball future, at whatever level that might be. The goals we are trying to achieve will be done through weekly practices, baseball homework, open discussions, and game situations.

Purpose and Goals:: the purpose to spend more time and emphasis on baseball fundamentals so that we will reach our goal of preparing and providing confidence for each athlete to improve.

Purpose::

To provide the athlete physical training skills while discussing the mental approach of baseball. Explaining how much dedication, preparation and commitment is needed to improve one’s skill set, expressing that hard work provides confidence when it is time to perform. If you work hard and prepare you should never doubt your abilities.

Goals::

To see improvement in the individuals athletic growth and mental understanding of game situations. Increase their abilities to take practice preparation and be able to apply in live game situations. Using the confidence they have gained from *their* hard work, will make them able to deal with success / failure. “How you have prepared for adversity”, makes you able to believe in yourself.

REMEMBER this team is being assembled for preparation for High School level and above. Tournaments are being used for game situations and an evaluation tool, for both players and coaches.

West Coast program emphasizes MORE practice to reinforce baseball fundamentals and to improve baseball skills in all facets of the game.

Practices are structured to assure players are fundamentally sound then progress to advanced level skills. Below is just a sample of what will be covered during practices and discussions.

Base running

- stealing
- anticipation
- technique/form

Infield

- fundamentals
- footwork
- backhands

Outfield

- fundamentals
- pre-pitch
- drop step/angles
- communication

Hitting

- mental approach
- pitch selection
- offensive strategy

Pitching

- mental approach
- hitter set up
- conditioning

Catching

- pitch calling
- receiving
- controlling the game
- “quarter back”

Practice- (learning method), a method of learning by repetition

Muscle memory- When an **active** person repeatedly trains movement, often of the same activity, in an effort to stimulate the mind's adaptation process, the outcome is to induce physiological changes which attain increased levels of accuracy through repetition.

Tournaments are played for skill evaluation, game management, and improve their ability to handle the mental challenges that occur during the games.

During every game there will be “game notes” these notes are taken to discuss with the entire team as a learning tool. As a team we will review the situations that developed, good or bad, discuss what took place. Combination of “games” and follow up discussions will increase their “baseball” knowledge.

learn-ing

1. The act, process, or experience of gaining knowledge or skill.
2. Knowledge or skill gained through schooling or study. See Synonyms at [knowledge](#).
3. *Psychology* Behavioral modification especially through experience or conditioning.

Players,

You are responsible for your improvement. Every time you leave practice or a game you need to ask yourself.

1. Did I work as hard as I could today?
2. Did I learn anything today?

The most important single factor in individual success is **COMMITMENT**

To improve, you need to be honest with yourself. You know what effort you put in.

SUMMER/FALL BALL SEASON will begin the week of July 10th and go through middle of November depending on the weather.

- * 6 Workouts per month (1-2 per week for 2 hrs at Hitting Streak facility or local High School)
- * 1 or 2 - Tournaments per month. Also possible double header (in place of a tournament)
- * Team kept to a minimum number of players to optimize playing time (12-14)

WORKOUT SCHEDULE:: number of workouts per month

- * July – 10th, 13th, 17th, 20th, 24th, 27th, 31st 14 hours instruction
- ** August – 3rd, 7th, 10th, 14th, 17th, 21st, 25th, 28th, 31st 12 hours instruction
- ** September – 4th, 7th, 11th, 14th, 18th, 21st, 25th, 28th 12 hours instruction (pending daylight)
- ** October – 2th, 5th, 9th, 12th, 15th, 19th, 23rd, 26th, 30th 12 hours instruction (pending daylight)
- November - ?? weather

Dates are just an example. It would be 2 workouts a week when there is no weekend tournament and 1 workout a week during tournament weeks.

- * July fee will be \$140.00 total for the 7 team workouts. No tournaments.
- ** total number of workouts depend on tournament/double header schedule

Additional fee for the July 3rd and 6th open workouts- \$15.00 per player (not part of the monthly fee due to players availability – Fourth of July week)

TOURNAMENT SCHEDULE: location and times TBD subject to availability and location

August Tournaments:: 1-2 tournaments / weekend double header
September Tournaments:: 1-2 tournaments / weekend double header
October Tournaments:: 1-2 tournaments / weekend double header
November Tournaments:: 1-2 tournaments / weekend double header

COST:: Fees will be due 1st practice of every month.

July fee will be \$140.00 total for the 7 team workouts. No tournaments.
August - October cost will be \$250.00 per month. Monthly fee covers workouts and two tournaments.
** if a double header replaces a tournament a portion of the monthly fee will be credited

Additional cost::

Team shirt/jersey and hat (players use own pants)
Any additional games or tournaments



If you have any questions please contact me.

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