



SOUTH BASEBALL

Tradition Never Graduates!

Dan Griesbaum,
Head Coach

State Champions
2001

State Runner-Up
2014

State Final Four
1987, 1996, 2001,
2003, 2005, 2014,
2015

State Elite Eight
1987, 1992, 1996,
2001, 2002, 2003,
2005, 2014, 2015

State Sweet 16
1987, 1992, 1996,
1997, 1998, 2001,
2002, 2003, 2005,
2009, 2012, 2013
2014, 2015

District Titles
1986, 1987, 1992,
1994, 1995, 1996,
1997, 1998, 2001,
2002, 2003, 2004,
2005, 2006, 2008,
2009, 2010, 2011
2012, 2013, 2014,
2015, 2016

Conference Titles
1987, 1988, 1992,
1993, 1997, 1998,
2001, 2002, 2003,
2004, 2008, 2010

To: All Returning Players/Parents
From: Dan Griesbaum
Re: Off-Season Workouts
Date: September 28, 2017

I hope all of you are well and that players are off to a great start academically. I wanted to mention a few things regarding off-season conditioning as it pertains to 2018. As you are most likely aware, the last 2 years have not been up to South standards, at least in terms of won-loss record. Our schedule has certainly been challenging, especially in the difficult MAC-RED Division and the pitching we faced was the best I've seen in a long time. But we have certainly still been able to be successful and competitive. I think there may be more than one reason for our recent slide (9 one-run losses) but the main issue I wanted to address is our physical development.

What stands out to me in examining the statistics for the last 2 seasons is our lack of offensive production, especially in terms of our power numbers. Last year, we had a Team E.R.A. of 2.33, which should have definitely translated to a better won/loss percentage. The 2 years prior to 2016 and 2017, in which we were Division-I Runner-Up, (2014), and in the Final Four, (2015), our power numbers were much higher. Certainly a number of factors could be involved here, but I truly believe our lack of physical strength was primarily responsible for the drop-off in offensive production and our overall success.

Players at our lower levels, Frosh and J.V., MUST understand that the jump to the next level is quite marked, especially from J.V. to Varsity in the MAC-RED. We regularly see pitchers throwing in the low to mid-80's and above. Many were Division-I pitchers, on Stevenson and Eisenhower especially. If a hitter is going to be successful against that caliber of pitching, they must have the physical tools to compete. Provided a player has the proper skill set, vision, timing, hand-eye coordination, etc., they must have adequate bat speed with which to get the bat to the hitting zone quickly, with enough force to drive the ball and create good bat exit speed and launch angle. Physical strength can increase that likelihood and lead to better power numbers and run production.

I know that some of you are now playing a fall sport, or will be playing a winter sport soon, and I want you to continue to do that. They all provide good carry-over value. But you MUST find time to increase your physical strength. Set a goal to work out at least 3 times per week, using the program Mike Hackett from Syphus Training has designed for us, (on our website) or a similar functional strength training program. The Boll Center is open every day from 3:30-5:00.

Our opposition is much larger, not only in terms of school enrollment, but physical size and strength, more importantly. We MUST work harder to keep up and compete. Also, the competition at South for squads at all levels, will again be fierce. Don't leave yourself out of the picture because you did not prepare yourself physically.

We'll be in touch soon concerning winter workouts and other important information. In the meantime, have a great fall, get to class, do your work to the best of your ability, and be a model citizen! Remember, "TRADITION NEVER GRADUATES"!

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