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2020 BC Minor Baseball Coaches Conference & High Performance Players Camps

February 7th - 9th, 2020 - Langley Event Centre, Langley BC

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2020 BC Minor Baseball Coaches Conference & High Performance Players Camps

Welcome to the 2020 BC Minor Baseball Coaches Conference!



The British Columbia Minor Baseball Association is an organization run by volunteers and, you the Coaches, are not only the largest group of volunteers but the backbone allowing the players to enjoy a safe place to play, grow in the sport and learn valuable life lessons.

We, the BCMBA Board of Directors, parents and players are thankful to have so many dedicated coaches giving their time for the benefit of the players in our baseball programming at all levels.

The speakers and clinics we've brought to this Coaches Conference are, we think, the best yet. The on-field experience and the knowledge presented will give you the opportunity to grow and share the same going forward in your programs.

Remember to take the time to network with the speakers and instructors, as well as, BCMBA Directors as well as with your fellow coaches, your future friends in baseball.

Grant Butler
BCMBA President



It was a dream of me and Bill Hyde with Ray Carter, President of Baseball BC, that we should start a coaching association for baseball in British Columbia.

The first conference was held at the Coast Hotel in Vancouver in 1989, the second year was held in Richmond, the third year was held at Douglas College in New Westminster, then the Surrey Sheraton Hotel and finally growing to need the space of the Langley Events Centre.

The intent was to provide the highest quality of coach training, NCCP certification courses and player training camps.

We are thankful that BC Minor Baseball and their Member Associations have continued to be such strong supporters of coach and player development.

Mike Kelly BCMBA Coach Development Chair





Weekend at a Glance Speakers Hall Bldg. B

Friday, Feb. 7, 2020

Coach Registration

5:00 PM - 9:00 PM LEC Fieldhouse Bldg. B

Ways to practice that help skills transfer into the Game

6:10 - 7:00 PM

Pete Caliendo - Caliendo Sports International www.caliendosportsinternational.com

Bunting Fundamentals for Run Production

7:05 PM - 7:55 PM

Rick Johnston - The Baseball Zone

www.thebaseballzone.ca

Better athletes, better Coaches What's your Game?

8:00 PM - 8:50 PM

Jeff Krushell - Sport Scientist, KP Sport President and Host of Krush Performance Radio

www.kpsportwyg.com

www.krushperformance.com

Baserunning

8:55 PM - 9:30 PM

Ernie Young - Former MLB Outfielder, Olympic Gold Medalist, United States National Baseball Team Coach

www.usabaseball.com

Saturday, Feb. 8, 2020

Coach Registration

7:00 AM - 4:00 PM LEC Fieldhouse Bldg. B

Saturday, Feb. 8, 2020 con't

Catching - Receiving, Blocking, Throwing

8:30 AM - 9:20 AM

Kevin Hussey - The Baseball Zone

www.thebaseballzone.ca

First base play, what is Needed

9:25 AM - 10:15 AM

Rick Johnston - The Baseball Zone

www.thebaseballzone.ca

Exhibitors

10:15 AM - 10:35 AM

NCCP maintenance of Certification & Professional Development

10:40 AM - 11:30 AM

Wayne Parro - Senior Coaching Consultant

Coaching Association of Canada

www.coach.ca

Maximizing your teaching for optimal skills Development

11:35 AM - 12:15 PM

Andre Lachance - Baseball Canada

www.baseball.ca

BC Minor Baseball Awards Luncheon

12:20 PM - 1:50 PM

First Steps to Successful Teams

2:00 PM - 2:50 PM

Bruce Brown - Proactive Coaching

www.proactivecoaching.info



Weekend at a Glance Speakers Hall Bldg. B

Saturday, Feb. 8, 2020 con't

Part 1 Visual skills & Drills
Part 2 Playing the game with your Eyes

2:55 PM - 3:45 PM

Ryan Harrison - Certified Sports Performance Vision Trainer

www.slowthegamedown.com

Outfield Play

3:50 PM - 4:40 PM

Ernie Young - Former MLB Outfielder, Olympic Gold Medalist, United States National Baseball Team Coach

www.usabaseball.com

Sunday, Feb. 9, 2020

Lefties, we're different, now what?

8:30 AM - 9:10 AM

Shawn Schaefer - Grassroots Coordinator

Baseball BC

www.baseball.bc.ca

Appearance & Performance Enhancing Substances

9:15 AM - 9:55 AM

Don Hooton Jr. - President Taylor Hooton

Foundation

www.taylorhooton.org

Hitting Approach, Making Adjustments

10:00 AM - 10:50 AM

Kevin Hussey - The Baseball Zone

www.thebaseballzone.ca

Sunday, Feb. 9, 2020 con't

Pitch Recognition

10:55 AM - 11:45 AM

Ryan Harrison - Certified Sports Performance

Vision Trainer

www.slowthegamedown.com

Bullpen Preparation for Games & Practices

11:50 AM - 12:30 PM

Grant Rimer - High Performance Player

Development Consultant BC Minor Baseball www.bcminorbaseball.org

Defensive Drills

12:35 PM - 1:15 PM

Ernie Young - Former MLB Outfielder, Olympic Gold Medalist, United States National Baseball

Team Coach

www.usabaseball.com

Hot Stove Talk with Instructors

1:20 PM - 2:10 PM

Speakers Panel



Weekend at a Glance Fieldhouse Bldg. B

<u>Saturday, Feb. 8, 2020</u>

Girls Baseball - Grassroots 9:20 AM - 10:30 AM

Baseball BC

www.baseball.bc.ca

Baserunning made fun for players and coaches

10:40 AM - 11:30 AM

Al Forman - National Coaching Certification Program Master Facilitator Instructor

Pitching Grips and Arm Care

11:35 AM - 12:25 AM

Aaron Myette - Former MLB Pitcher, Manager Canadian Womens National Team

www.baseball.ca

www.gamereadyfitness.com

Coaching T-Ball / Tadpole / Mosquito Players

12:35 AM - 12:15 PM

Grant Rimer - High Performance Player Development Consultant BC Minor Baseball www.bcminorbaseball.org

BC Minor Baseball Awards Luncheon

12:20 PM - 1:50 PM

Pitching Mechanics and Drills

2:00 PM - 2:50 PM

Aaron Myette - Former MLB Pitcher, Manager Canadian Womens National Team

www.baseball.ca

Managing your Arm Care

Brad Robinson - Founder The Complete Athlete, BC Minor HP Selects Development Coach www.thecompleteathlete.ca

Sunday, Feb. 9, 2020

Running a practice for young players

8:30 AM - 9:10 AM

Al Forman - National Coaching Certification Program Master Facilitator Instructor

Mixing old school & new school coaching & teaching

10:00 AM - 10:50 AM

Pete Caliendo - Caliendo Sports International www.caliendosportsinternational.com



Weekend at a Glance Fieldhouse Bldg. B/Meeting Room B Main Bldg. High Performance Player Camps

Friday, Feb. 7, 2020

Player Registration

5:00 PM - 6:00 PM LEC Field House Bldg. B

15U/16U High Performance Player Camp

6:00 PM - 9:00 PM

Saturday, Feb. 8, 2020

Player Registration

8:30 AM - 9:20 AM LEC Field House Bldg. B

Better Athletes, Better Coaches

9:25 AM - 10:15 AM Mtg. Room B

Jeff Krushell - Sport Scientist, KP Sport President and Host of Krush Performance Radio

www.kpsportwyg.com

www.krushperformance.com

VISIT THE EXHIBITORS - Main Exhibit Hall

10:15 AM - 10:35 AM

Seven Ways to Lead Your Team

10:40 AM - 11:30 AM Mtg. Room B

Bruce Brown - Proactive Coaching

www. proactivecoaching.info

Appearance & Performance Enhancing Substances

11:35 AM - 12:15 AM Mtg. Room B

Don Hooton Jr. - President Taylor Hooton

Foundation

www.taylorhooton.org

Saturday, Feb. 8, 2020 Con't

LUNCH

12:20 PM - 1:00 PM

Enjoying Life as a Player and a Coach

1:00 PM - 2:30 PM Mtg. Room B Bob Elliott - Canadian Baseball Hall of Fame, Sports Columnist, Author

Creating Successful Outcomes

Brad Robinson - Founder The Complete Athlete, BC Minor HP Selects Development Coach www.thecompleteathlete.ca

Players Workout

2:35 PM - 3:35 PM Bldg. B Fieldhouse Turf

Hot Stove Talk with Instructors, Players, and Parents

3:45 PM - 4:30 PM Bldg. B Fieldhouse Turf

Sunday, Feb. 9, 2020

Player Registration

8:30 AM - 9:20 AM

LEC Field House Bldg. B

Players Workout and Skills Camp

9:30 AM - 12:00 PM

Bldg. B Fieldhouse Turf







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Ernie Young

Ernie Young is a former MLB veteran who played for the Oakland Athletics, Kansas City Royals, Arizona Diamondbacks, Detroit Tigers and Cleveland Indians for parts of eight seasons after being drafted in the 10th round of the 1990 MLB Draft.

Young, who attended Lewis University, belted 27 home runs and drove in 90 runs during his 288-game career.

He led Team USA to a gold medal at the Sydney 2000 Olympic Games, hitting .385 and leading the team in RBIs (8), and played once more for the red, white and blue, in the 2003 COPABE Olympic Qualifying Tournament.

After his retirement in 2007, he became a hitting coach in the Chicago White Sox organization and managed the West Michigan Whitecaps, the single-A affiliate of the Detroit Tigers, in 2012. In addition to his USA Baseball playing career he is a four-time coaching alumnus, highlighted by managing the 2011 Pan American Games Team and serving as the batting coach for the 2015 Pan American Games Team, both of which won silver medals. Young is also a former member of the USA Baseball Board of Directors



Aaron Myette

Aaron is a former Major League Baseball Canadian right-handed pitcher.

Myette attended the University of Washington, where he played college baseball for the Huskies. He was selected by the Seattle Mariners in the 17th round of the 1995 Major League Baseball draft (454th overall), and then by the Chicago White Sox in the first round of the 1997 Major League Baseball draft (43rd overall), and subsequently played for the White Sox (1999–2000), Texas Rangers (2001–2002), Cleveland Indians (2003) and Cincinnati Reds (2004). He was a member of Team Canada at the 2004 Summer Olympics, where they finished in fourth place.

Aaron has been a major contributor to the growth and development of youth athletes in BC and across the nation. His work with the Women's National Team has played a role in helping them capture silver (2016) and bronze (2018) medals at the WBSC Women's Baseball World Cup.



Bob Elliott

Bob Elliott is a Canadian former sports columnist, who covered professional baseball in Canada. He began in 1978 as a reporter for the Ottawa Citizen, covering the Montreal Expos, before leaving in late 1986 to cover the Toronto Blue Jays for the Toronto Sun. On June 1, 2016, Elliott announced his retirement.

He has written three books, including Hard Ball about George Bell, in 1990; The Ultimate Blue Jays Trivia Book, in 1993; and The Northern Game: Baseball The Canadian Way, in 2005.

Elliott is also the mind behind the Canadian Baseball Network website, which tracks all active Canadian baseball players.

Elliott was awarded the Canadian Baseball Hall of Fame's Jack Graney Award on December 17, 2010.



His grandfather, Chaucer Elliott, is a member of the Hockey Hall of Fame. On December 6, 2011, he was named recipient of the 2012 J. G. Taylor Spink Award by the National Baseball Hall of Fame and Museum. On February 4, 2015, Elliott was elected to the Canadian Baseball Hall of Fame. In 2016, Elliot was named to the Ontario Sports Hall of Fame as the winner of the Brian Williams Media Award.



Jeff Krushell

Jeff is regarded as a noted expert in the area of performance and talent development and through his work has gained unique insights into the process of improving human performance. Jeff's accolades include; Former Strength and Conditioning coach for the Toronto Blue Jays, Former Strength and Conditioning coach for the Edmonton Eskimos, current Strength and Conditioning consultant for Major League Baseball International, current Performance Consultant for CTV, Edmonton, Host of The Krush Performance Show TSN, 1260 Edmonton, Global Speaker for Sport and Business Performance Conferences and Seminar. All this while championing the effort to revolutionize the science of athlete hydration. Krushell's KP Sport developed the first NSF Certified for Sport®, Baseball Sport-Specific drink. Introducing Key Code Fuel®, the new cutting-edge Sports Performance Bio fuel. This premium hydration mix is formulated, with the athlete in mind, to provide a safe functionally consistent energy source to optimize performance during the game and training.



Andre Lachance

Lachance as been at the helm of the Canadian Women's National Team program since it's inception in 2004. His impact on the sport in Canada and at the International level sets the gold standard. Lachance's leadership has seen the Canadian Women's program drive in five medals in seven appearances at Women's Baseball World Cup events. They currently sit No. 2 on the WBSC Women's Baseball world rankings.

In addition to that, Lachance has insulated the program from a development perspective by creating a path to the national team. Competitive players throughout the country now have three different Baseball Canada National Championship tournaments to strive for including a 16U event that saw all ten provinces competing for the first time ever last August.



Bruce Brown

Bruce Eamon Brown is a special presenter for the National Association of Intercollegiate Athletics (NAIA) Champions of Character Program.

Previously, Bruce served as the athletic director at Northwest College in Kirkland, Washington. A retired coach, he has worked at every level of education in his more than three decades of teaching and coaching. His coaching experiences include basketball, football, volleyball, and baseball at the junior high and high school levels, and basketball at the junior college and college



levels. He has been involved with championship teams at each level of competition. Bruce has authored several books and is the featured speaker on nine sport coaching videos.

Bruce Brown's message resonates with coaches, mentors, and leaders alike by shining a light on the often forgotten importance of developing athletes beyond their physical skills. He speaks to the critical importance of athletes developing into leaders, habits and behaviours of effective peer leadership, practicing sportsmanship, the qualities of great teams, team building, the role of parents in athletics and more.



Pete Caliendo

Internationally renowned, Pete served as the Director and Coach of The Pan Am Baseball Association, a pilot program started by the former CEO of USA Baseball Dick Case. This organization won 3 gold and 3 silver medals for the USA in the Pan Am Games, including the Gold over Cuba. From the six-year program of 16-year-old players, it had produced over 22 players in the major leagues. After the six years, USA baseball made the program an official USA Baseball 16 u national team program.

Pete also served as Director for USA Athletes International's Baseball Operations. While living in Europe, Pete became an associate scout with the Toronto Blue Jays for International Scout for the Blue Jays Wayne Morgan.

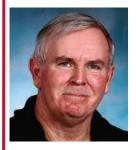
In January 2011 Pete received the American Baseball Coaches Association Meritorious award. The ABCA is the largest baseball organization of college and high school coaches in the U.S. Pete, a former USA Baseball National Team Coach, brings unmatched experience and expertise to the

development of baseball skills to players and coaches. His vast knowledge and worldwide presence have earned Pete immeasurable respect within the baseball community. His devotion to the game of baseball is greatly admired by those who have crossed his path.



Don Hooton Jr.

Don serves as President of the Taylor Hooton Foundation. In this capacity, Don leads the organization, especially the effort to drive our education programs into high schools, middle schools, and universities across the U.S., Canada and Latin America. Also, he helps ensure that our messages are current and relevant to today's young people and their adult influencers. He, along with his father, founded the charity in 2004 just one year after the loss of his brother. He is committed to eradicating appearance and performance enhancing drug use among teens/young adults and serving as a spokesperson and role model as we fight this dangerous issue.



Al Forman

National Coaching Certification Program Master Facilitator Instructor Grassroots National Coach of the Year 2010 for Canada. He Coached at the 16 to 18 level Select Boys and won a gold and silver medal. Al has been a key part of the BC Girls baseball program helping the Peewee Girls to five Western Canada gold medals, two Western



Canada silver medals tow National Invitational silver medals. With the Bantam Girls two National championships gold medals, a National championship silver medal, and Senior Girls National championship silver medal and National championship bronze medal.

Al is also a key contributor to the BC Minor Baseball Coaches Caravan and High Performance Team BC Selects program.



Ryan Harrison

Ryan Harrison a certified Sports Performance Vision Trainer, has a degree in Exercise Physiology from University of California at Davis where he was a kicker for the football team.

As sports enthusiast, he played three varsity sports in high school football, soccer and baseball. Since 1998 Ryan has been working with International Softball, Collegiate and Amateur Softball teams.

Ryan also has been a key consultant to numerous International, Professional and Collegiate Football, Baseball & Softball teams. Teams include: USA, Canada, Australia, and New Zealand Women's National Softball Teams. MLB Teams including but not limited to Philadelphia Phillies, Toronto Blue Jays, San Francisco Giants, Atlanta Braves, Cincinnati Reds, Tampa Bay Devil Rays, Washington Nationals. Also with Kansas State Wildcats Football team and individual players in the NFL, NHL, MLB, WTA, PGA, UFC and Beach Volleyball Professional tour.

He has personally trained over 100 Major League roster players on the visual side of the game among the Major League players he has trained includes Carlos Delgado, Carlos Beltran, Mike Sweeney, Jason Werth; , John Baker,

Jerry Hairston, Jr., Chris Dickerson, Josh Willingham, Jonny Gomes and others. Following his work with top professional and amateur athletes, he conceived the idea of training necessary performance skills with digital technology. The SportsEyesite™ Software is a result of his goal to develop training products so that everyone could benefit at a fraction of the cost of having this training and without the need to go to a specialty clinic.



Kevin Hussey

Head Baseball Coach Terrier's 17U, Head Baseball Coach Brantford Red Sox (2019), Head Baseball Coach Burlington Herd (IBL) 2017-2018, Assistant Baseball Coach - Chicago State University (2010-2012), Assistant Baseball Coach - Cardinal Stritch University (2012-2013), Head Baseball Coach - Nicolet High School, Glendale, WI (2013-2014), Masters of Science in Sports Management- Cardinal Stritch University (2014) Assistant Baseball Coach - University of Toronto (2014), Bullpen Catcher- Ottawa Lynx AAA (2005)



Wayne Parro

Wayne Parro has coached at all levels of baseball in Canada over the past 25 years, including 7 years with the Women's National Team program. He is a graduate of the National Coaching Institute (NCI) in Toronto, and is the Senior Coaching Consultant for the Coaching Association of Canada.



He is a Master Learning Facilitator and Master Evaluator and is involved in many coach education projects with Baseball Canada.



Rick Johnston

Inducted into the Peterborough and District Sports Hall of Fame in 2008. Johnston Played Internationally as a member of the Canadian National Team including the 1988 Seoul Olympics, 1987 and 1991 Pan American Games, 1985 and 1991 Intercontinental Cup. Rick was the manager of the 1998 Team Canada Juniors, Hitting Coach for Team Canada Juniors - 1996, 1997, World Championships, 3rd place. Hitting Coach, Team Canada Seniors - 1995. Hitting Coach - 2001 Canada Summer Games, Silver Medal. Manager, Team Ontario, 2005 Canada Summer Games, Gold Medal. Coach Johnston was named Canadian Coach of the Year, 2005. Internationally, he has coached and managed the Croatian National Team, Karlovac Keltics, Croatia and Montpellier Barracudas, France. Managed Croatian National Team, 2007 Olympic Qualification Tournament, Barcelona, Spain. He coaches at Tournament 12, has coached and played in 17 countries world wide. Rick pioneered the University of Toronto baseball program 1996. Invited to Spring Training with the Toronto Blue Jays as a guest coach 1997. Served as a scout for the New York Yankees and Tampa Bay Devil Rays. He managed the Toronto Maple Leafs of the Inter-County League, 2001 and was named Manager of the Year. Managed Brantford Red Sox of the Inter-County League 2003-2006, named Manager of the Year, 2003 and 2004. Won League Championship 2006. Rick stands as VP and General Manager, Brantford Red Sox, 2007-current;

2008-2012 Inter-County Champions. Rick has also worked on motion pictures and television productions as a technical consultant, these include, "Angels in the Infield", "Fever Pitch", Men TV, Omni Television and City TV "Batter Up". Johnston is Director of Baseball Operations at The Baseball Zone and co-owner of SST Mississauga



Brad Robinson

Brad Robinson is the founder of The Complete Athlete, a holistic approach to coach and player development.

Creating The Complete Athlete has been a lifelong endeavour, learning from experiences and pulling from 47 years of ups, downs, overcoming obstacles, injuries, healing to ultimately living a life of consistent personal growth. Everything Brad shares, he has experienced and uses in his own life. Brads experience on the Canadian Junior National team, playing college baseball in Long Beach California and semi-professional baseball across the Canada and the U.S., assist in truly understanding the individual needs of the player.

Brad also has had a successful career in the Fire Service for 17 years as a Firefighter and a Lieutenant/Acting Captain, giving Brad an unparalleled skill set in leadership and team dynamics, most notably, the ability to understand and deal with group dynamics for successful outcomes in stressful situations.





Grant Rimer

If you're involved in baseball in British Columbia you've undoubtedly run into Grant Rimer. For 25 years Rimer has been a leader in Player Development throughout the province. His resume looks like the itinerary for a rock band playing concerts in just about every city and town and village from Vancouver to Kelowna, from Campbell River to Fort St. John. It would take about 200 pages to cover the ground. But here are just a few of the highlights of his illustrious career. He's a creator and lead instructor for the B.C. Minor Baseball Coaches Caravan. He created College Prep, the league that gives high school prospects a chance to strut their stuff in front of college recruiters and pro scouts. Grant has organized, coaches and holds together the annual 16U development camp featuring prestigious former MLB stars like Reggie Smith, Ernie Young, and Jim Lefebvre. Grant has coached at just about every level from Mosquito to Peewee to Bantam. And always with a strong sense of caring for every boy or girl he's developed. He spent three seasons with the Vancouver Cannons, a team that became a powerhouse in the Premier League. The Cannons sent three players into pro baseball, including Rowan Wick, who was rookie of the year in 2019 with the Chicago Cubs. But, most of all, Grant Rimer has always stressed coaching the game the right way. Of course, he likes to win. But his mission is to teach, using baseball science and his vast experience to develop players to be the Best They Can Be.



Facilitator.

Shawn Schaefer

Shawn has played for Ridge Meadows as a 13U and 15U player. He went to 13U Nationals with Ridge Meadows, 15U Nationals with Victoria. After, moving on to play with the Coquitlam Reds of the PBL for 3 years(2002-2004), Canada Cup pitcher (2002, 2003), Canada Summer Games pitcher (2005) and played collegiately at Midland College (TX), UBC, and Cumberland University. He was a 2nd team All American at UBC. Also finished tied for 3rd at the World Series (2006), 1st team All American at Cumberland (2010) and won the National Championship. He ads to his player resume with a strong coaching background at Douglas College (2011-2015), Canada Cup (2019, 2016, 2014), Western Canada Games (2015). He also won the Baseball Canada Lionel Ruhr Coach of the Year (2014). He is NCCP Comp-Dev Trained. Currently he is the Baseball BC Grassroots Coordinator and High Performance Staff Lead and an NCCP











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- Fieldhouse Dry Floor, Turf
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- Meeting Rooms

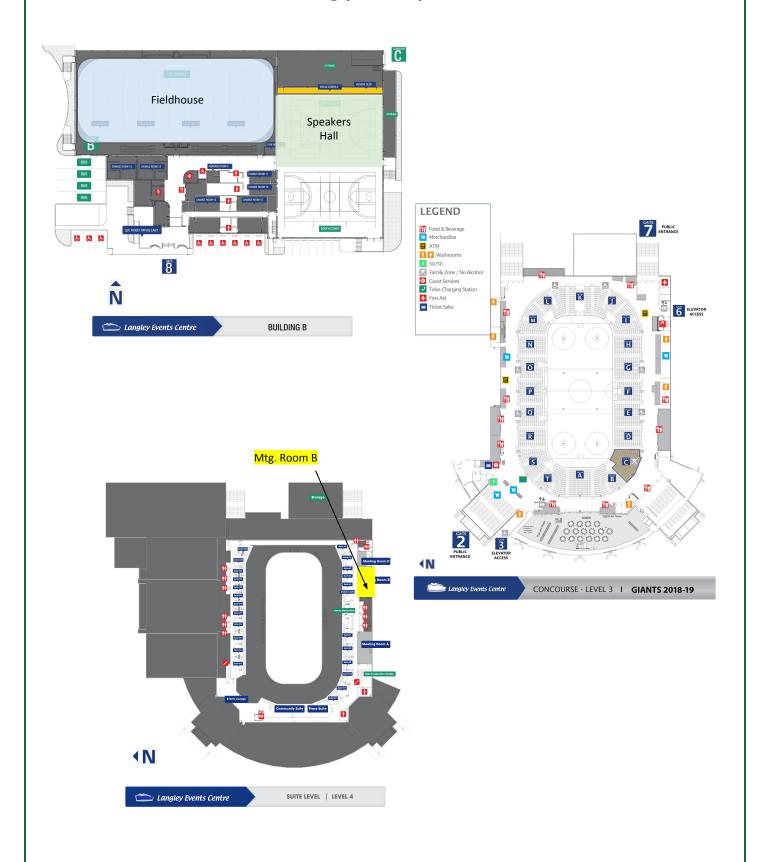


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BC Minor Baseball 2020 Coaches Conference Finding your way around





BC Minor Baseball 2020 Coaches Conference Presentation Notes - Pete Caliendo Ways to practice that help skills transfer into the Game

Pete Caliendo

- Former USA Baseball National Team Coach
- VP- ISG Baseball/International Coaches Educational Programs
- President-Caliendo Sports International, Teams Competing Worldwide
- WBSC World Baseball Softball Confederation Tournament Committee/ World Cup, Olympics



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BC Minor Baseball 2020 Coaches Conference Presentation Notes - Pete Caliendo Ways to practice that help skills transfer into the Game

Pete Caliendo





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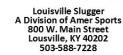




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BC Minor Baseball 2020 Coaches Conference Presentation Notes - Rick Johnston Bunting Fundamentals for Run Production

Rick Johnston

- 1. Objectives
- 2. Thoughts on philosophy...How crucial do you make it?
- 3. Why can't/don't players bunt?
- 4. The Sacrifice Bunt...Common Flaws that get overlooked
- 5. The Sacrifice Bunt...What is the teach? What is the methodology to your teach?
- 6. Bunt for a Hit...Drag\Push
- 7. Creating offense with no offense
- 8. Bunt for Hit...The Progression teach
- 9. Squeeze/Safety/Fake Bunt
- 10. Questions



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Rick Johnston Bunting Fundamentals for Run Production

Rick Johnston



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Jeff Krushell Better Athletes, Better Coaches

<u>Jeff Krushell</u>



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BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ernie Young Baserunning

Ernie Young

- A. Home to First straight through the bag
- B. Home to first making the proper turn
- C. The three important rules prior to your lead
- D. Leading off first
- F. Leads from 2nd base with 0 outs, 1 out, and 2 outs
- G. Leads from 3rd base with 0 outs and 1 out



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Kevin Hussey

Catching - Receiving, Blocking and Throwing - Breaking down the Mental and Physical Components

Kevin Hussey

PRESENTATION NOTES:
Receiving
Stance/Set up
Manipulating the Strike Zone
Blocking
Positioning
Adjusting to Spin/Location
Throwing
Footwork
Cutting Down Pop TIme



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Rick Johnston First base play, what is Needed

Rick Johnston

- 1. Depths, Positioning, Landmarks
- 2. Working with the pitcher...Flips, throws, take self
- 3. Holding Runners and Coming off the Base
- 4. Cut Off Positioning...Is it a standard position?
- 5. Back Picks, with Pitcher/Catcher and setting up Communication
- 6. Receiving Throws...Base, step and catch, Pre-stretch
- 7. Off Line throws, swipe tag
- 8. Picks, Digs and reachability factor
- 9. Tweeners with pitcher and call offs with 2B, three\four hole
- 10. Trailer vs Cut off/double cut, runner on first base role



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Rick Johnston First base play, what is Needed

Rick Johnston



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Wayne Parro NCCP maintenance of Certification & Professional Development

Wayne Parro

PRESENTATION NOTES:

-See NCCP Insert-



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Andre Lachance Maximizing your teaching for optimal skills Development

Andre Lachance

PRESI	ENTAT	ION 1	NOTES:



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Bruce E. Brown Crafting Teams of Character - The First Step - Core Covenants

Bruce E. Brown

PRESENTATION NOTES:

From the booklet – First Steps to Successful Teams – Core Covenants

What are your Core Covenants?

- Covenant a <u>binding</u> agreement where you will see action physically <u>visible</u>
- What is your teams' identity? What are you know for? What do you stand for as a Coach? A team? An athletic program? What would you like to be known for?
- Can you articulate it?
- Is your team committed to your core covenants?
- Can you see it in their actions?

Examples:

Teachable Spirit – Work Habits – Confidence – Pride – Accountability – Poise – Discipline – Competitiveness – Mental Toughness – Integrity – Selflessness – Team First Attitude – Teamwork – Enthusiasm – Courage – Honor - Friendship

The players on the best teams and their covenants:

- The players know exactly what their team stands for they see the same vision as the coach
- Players voluntarily commit to the core covenants
- Players can articulate the core covenants
- Players actions reflect their core covenants at all times
- What do they look like when you practice? When you win? When you lose? During the school day? When you are away from your team? What are the other times you should demonstrate your core covenants?

Leadership and Core Covenants:

- Establish your core covenants cornerstones
- Articulate, teach and provide a crystal clear vision
- Write them down make them public declare them
- Practice your core covenants
- Compare your covenants with your actions
- Institutionalize your core covenants
- Reward your core covenants
- Identify your committed and uncommitted players and begin building your inner circle



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Bruce E. Brown Crafting Teams of Character - The First Step - Core Covenants

Bruce E. Brown



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ryan Harrison Part 1 Visual skills & Drills - Part 2 Playing the game with your Eyes

Ryan Harrison



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ernie Young Outfield Play

Ernie Young



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Shawn Schaefer Lefties, we're different, now what?

Shawn Schaefer







Don Hooton Jr.

PRESENTATION NOTES:

The Taylor Hooton Foundation is the nation's leading organization dedicated to educating our youth and their adult influencers on the dangers of Appearance and Performance Enhancing Substances including dietary supplements, energy drinks, Human Growth Hormone and Anabolic Steroids. This substance usage has reached epidemic proportions.

This session will provide a pragmatic view of these drugs – what are they? Who is using? What are the social issues and pressures driving their usage? This program will provide factual information about the world of appearance and performance enhancing substances, and will expose the depth and breadth of the scope of the Problem.

This session is very timely. The nightly news continues to identify high profile athletes from around the world and role models who have used or are using these potentially dangerous substances. This drug use by role models is fueling an epidemic of similar drug usage by our youth. Not only are youth imitating this behavior for performance reasons, but most are using them to improve their appearance. Close to two million of our children have admitted using anabolic steroids, and that usage rate is increasing.

Additionally, North American sales for sports supplements have reached the staggering \$30 billion mark. Multiple industry studies reveal that as many as 25% of dietary supplements are spiked with anabolic steroids or other banned and illegal substances, e.g. Viagra and Meth. Reports show that over 12 million middle school and high school students consume dietary supplements.

Upon witnessing our program, attendees will be able to further understand the dangers associated with these drugs and the social issues/pressures that are leading to our current usage trends. Attendees, particularly adult influencers, will be able to be aware of potential steroid users/ problems, therefore being able to safely intervene and help our youth face these drugs together. Overall attitudes and opinions of Appearance and Performance Enhancing Substances will assuredly change after seeing our presentation, and we will be one step closer to achieving our vision of eliminating the use of these drugs across the continent.



Don Hooton Jr.

PRESENTATION NOTES:

Session Outline:

- 1. Speaker Introduction
 - a. Introduction to the program and of the speaker
 - b. Introduction of the Taylor Hooton Foundation
- 2. Short Video
 - a. Video to introduce Taylor's story and founder Don Hooton Sr.
 - b. Personal testimonies from people whose lives have been affected by the abuse of anabolic steroids
- 3. Dietary Supplements
 - a. What are Dietary Supplements and who they are available to?
 - b. Risk and Dangerous associated with unregulated supplements
 - c. Could dietary supplements contain Anabolic steroids?
 - d. Pre-Workout Supplements and Safety
 - e. Energy Drinks Safety
 - f. Creatine Supplements and Safety
 - g. Protein Supplements and Safety
 - h. Dietary Supplement 3rd party certification
 - i. How to evaluate if your supplements are tested?
- 4. Anabolic Steroids
 - a. What are steroids?
 - b. Where do they come from?
 - c. How/Where are they made?
 - d. Where are they purchased?
 - e. Who is using? At what age?
- 5. Why do students use Appearance and Performance Enhancing Substances?
 - a. Role Models
 - b. Advertising/Media
 - c. Body Image
- 6. Anabolic Steroids Side Effects
 - a. Male and Female Physical Effects
 - b. Psychological Effects



Don Hooton Jr.

PRESENTATION NOTES:

Session Outline Con't:

- 7. What Can We Do As A Community
 - a. Educational resources available
- 8. ALL ME League
 - a. Inspiring our students to live and compete drug free
- 9. Question and Answer Time

Session Objectives:

Upon completion of this presentation, participants will understand the scope of the youth appearance and performance enhancing substance epidemic and will know the social pressures that are driving this behavior.

Participants will understand what appearance and performance enhancing substances are and where they are coming from.

Participants will become acquainted with resources that are available to identify safe dietary supplements.

Participants will become familiar with the reasons why are youth are using appearance and performance enhancing substances

Participants will be able to recognize the side effects and risks associated with using appearance and performance enhancing substances and know how to safely intervene if needed

Each program is tailored to your needs



Don Hooton Jr.



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Kevin Hussey Hitting Approach and Making Adjustments

<u>Kevin Hussey</u>
PRESENTATION NOTES:
What Type of Hitter Are You?
What Are You Trying to Accomplish?
Break Down Ways to Make Yourself Better
Understand What's Catting Vou Out
Understand What's Getting You Out
Control Everything You're Able to Control
control Everything route Asie to control
Adjust to More than Velocity



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ryan Harrison Pitch Recognition

Ryan Harrison



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Grant Rimer Bullpen Preparation for Games & Practices

Grant Rimer

PRESENTATION NOTES:

THROW TO WARM UP OR WARM UP TO THROW TO HAVE SUCCESS IN PITCHING YOU NEED:

BALANCE

DIRECTION

COMMAND

FLAT GROUND

OR MOUND

ROUTINE:

STRETCH

FULL

70 - 80% TILL LAST 3 OR 4 PITCHES

WHAT TYPES OF PITCHES TO THROW AND HOW MANY?
LIMIT THE AMOUNT OF THROWING A PITCHER DOES DURING DRILLS AND AT PRACTICE IF HE/SHE IS
PLAYING ANOTHER POSITION

WARMING UP TO PITCH IN A GAME

TOO EARLY?

TOO LATE?

HOW MUCH TIME?

PITCHERS/PLAYERS ARE DRESSED PROPERLY FOR WEATHER CONDITIONS.

PROPER REST AFTER THROWING IN GAME OR PRACTICE

NO RADAR GUNS



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Grant Rimer Bullpen Preparation for Games & Practices

Grant Rimer



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ernie Young

Defensive Fundamentals Drills - Team Drills

Ernie Young

- A. Cut off and Relays
- B. Pop up priority
- C. Bunt coverage
- D. 1st and 3rd steals
- E. Pick plays at 2nd base
- F. Run downs.



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Ernie Young

Defensive Fundamentals Drills - Team Drills

Ernie Young



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Presenters Hot Stove Talk

<u>Presenters Panel</u>



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Al Forman Base Running Made Fun For Players and Coaches

Al Forman

PRESENTATION NOTES:

A. Warm-up

Stretching Quickness

Running on the sPot

Stomach

Back

Feet

Follow the leader

Around the bases

Verbally call out each base Timed 10 meter run

B. Base Running

One, two or three rounds Be aggressive in all running drills! Hit off a tee or use a plastic ball or red bat

Just like a game situation

C. Parents

They really enjoy watching the kids doing base running drills They are getting exercise and having fun

D. Tadpole

Base running drills going base to base around the bases

E. Mosquito

Being more aggressive going around the bases

- F. Timing around the bases
- G. Relays

Dragon boat race

Half your team at home plate, half your team at second base

Run around the bases and pass the ball to the next runner (use a whiffle ball, bean bag or real ball to pass to the next runner)

Coach picks the teams for the relay. (uneven number the coach picks a player to run twice)



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Al Forman Base Running Made Fun For Players and Coaches

Al Forman

PRESENTATION NOTES:

Chase around the bases

Tadpole version and Mosquito version.

The key to all these drills is that the players are having FUN! Enjoy!





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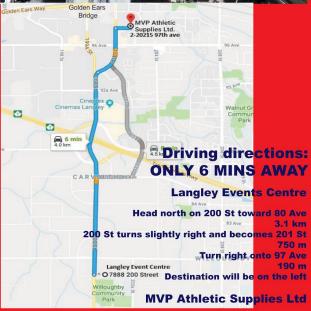
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BC Minor Baseball 2020 Coaches Conference Presentation Notes - Aaron Myette Pitching Grips and Arm Care

Aaron Myette



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Grant Rimer Coaching T-Ball / Tadpole / Mosquito Players

Grant Rimer



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Aaron Myette/Brad Robinson Pitching Mechanics and Drills/Managing your Arm Care

Aaron Myette/Brad Robinson



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Aaron Myette/Brad Robinson Running a Fun Practice for Younger Players

Al Forman

PRESENTATION NOTES:

```
A. Warm-up
```

Stretching

Teach:

Rest Position Ready Position Throwing Position Hitting Position

QuiCkness:

Running on the spot

Stomach Back

Feet

10 meter timed run

B. Throwing and Receiving

Can use bean bags for throwing

Catching with no glove

C. Large group

Throwing with parents, coaches or another player in the same direction

Do three person relay changing the middle person

Throw with whole team challenge

Divide into two groups

Group 1 Hitting

Stress being aggressive

Use parents to work with the players

Be positive!

High fives!

Hitting off the tee

Screen drill / plastic or red bat

Rapid fire hitting

Hitting off parent or coach

Players love to hit!

Group 2 Fielding and Throwing

1. Ground balls around the infield and throwing to first base

Parents or coaches playing first base

Stress follow through on throws

2. Pop ups around the infield and throwing home

Parents or coaches at catching at home

Stress catching the ball with two hands on throwing side



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Al Forman Running a Fun Practice for Younger Players

Al Forman

PRESENTATION NOTES:

3. A good drill to use for throwing is to teach how to pitch as the players seem to concentrate more on their throwing motion

Stress short distance

Balance and follow through

Coach or parent catch the pitcher

Competition

See how many strikes they can throw in five pitches.

See how many strikes they can throw in a row.

Game

Divide into two groups as even as possible

Play a real game hitting and running the bases and making the plays.

Let each hitter hit at least two balls where the first one doesn't count.

After one team hits the other team hits.

In the last inning, time permitting, let each of the hitters hit three times.

The coach pitches and controls the playing of the game.

The parents help the players during the game.

You can hit off of tees or pitching machine.

Plastic or real bats.

This lets the players see what the game of baseball looks like.

Relay

Dragon Boat Race

Half your team at home plate, half your team at second base

Run around the bases and pass the ball to the next runner.

(use a whiffle ball, bean bag or real ball to pass to the next runner)

Coach picks the teams or the relay.

(uneven numbers the coach picks a player to run twice)

At the end of practice, equipment is picked up with nothing left behind.



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Al Forman Running a Fun Practice for Younger Players

<u>Al Forman</u>





Coaches: Do You Know The ABCA Membership Benefits?

The benefits of being a member of the American Baseball Coaches Association are stronger than ever, and all for the lowest annual dues among national sports coaching associations, just \$55 USD. This is a partial list of benefits provided by the No. 1 baseball coaching association in the World!

- Attend the ABCA Convention: Members are able to attend the World's Largest Baseball Convention, held annually each January at sites throughout the United States. The convention features more than 50 baseball clinics as well as a 350 company baseball Trade Show, networking opportunities and more!
- Free Clinic Videos for Convention Attendees: All members
 who check-in on-site at the ABCA Convention get free online
 access to that year's clinic videos. This now includes all 50+ clinics from the main-stage clinics, Youth Coaches Session & Expo
 Theater!
- Live Stream the Main-Stage Clinics: Members that cannot attend the ABCA Convention now have the option to live video stream the almost 25 clinics on the main-stage! The live video stream can be watched on computer, tablet or mobile devices!
- Free Clinic Videos for Live Stream Registrants: Members that register for the Convention Live Stream get free online access to all of that year's clinic videos. This includes not only the mainstage clinics but also the Youth Coaches Session & Expo Theater presentations!
- Free Subscription to Inside Pitch Magazine: Members receive Inside Pitch Magazine, the Official Magazine of the ABCA, in the mail in January, March, May, July, September & November.
- My ABCA Mobile App: The My ABCA mobile app features
 the ABCA Coaching Resource Center will hundreds of drills,
 practice plans, diagrams, charts & more! ABCA members have
 access to the Coaching Resource Library, Document Center and
 Collaboration Forums with their membership.
- Discounts from ABCA Partners: Through the ABCA's corporate partnerships, members can receive discounts on baseball apparel, gear and equipment from companies such as Baseball America, Franklin, Driveline Baseball, Stick & Ball TV, Turface Athletics, Terryberry and Wilson Sporting Goods.
- 30% off at www.ABCAvideos.org: The ABCA's video library, www.ABCAvideos.org, hosts all of the ABCA Convention clinic videos dating back to 2008 in addition to product demo webi-

- nars. Current ABCA members receive a 30% discount on all videos, which is applied automatically when they are logged into the website. All webinars are free!
- ABCA Press Box Weekly E-Newsletter: All members receive the weekly e-newsletter of the ABCA with articles about baseball news, coaching and training tips as well as the latest association information.
- Hotel & Rental Car Discounts: Members can take advantage
 of discounts on hotel and rental cars when reserving for team or
 personal travel from chains including Marriott, Best Western,
 Red Roof, G6, Enterprise and National.
- ABCA Job Postings: Many job listing websites charge hundreds
 of dollars to post or view jobs, but this is a free service to all
 members! The ABCA Job Boards receive nearly 60,000 views
 per month from job seeking coaches. This is a great way to hire
 coaches or find a job for yourself!
- Open Date Listings: ABCA members can post open schedule dates and inquiries on the ABCA website free of charge. If you're looking for a team to play, this is the place to find a match.
- Networking and Professional Development: Members are able to connect and exchange ideas while enhancing their coaching development. The My ABCA app forums and messaging mae connecting with coaches across the globe easy. ABCA events also feature networking opportunities such as the Coaches Social at the ABCA Convention.
- Participate in Surveys: Members are able to participate in ABCA surveys regarding rule changes and legislative issues affecting their respective divisions. The ABCA also runs surveys to the membership regarding benefits and convention ideas.
- Free Registration for Barnstormers Clinics: Registration for the ABCA Barnstormers Regional Coaching Clinics is free for all ABCA members! These one-day coaching clinics are held in 20 cities each year.
- Grow the sport with Turn Two for Youth: The ABCA's official charity, Turn Two For Youth, is a non-profit charitable organization seeking to deliver new and used baseball equipment to underprivileged children globally. Turn Two For Youth will assist your program in getting involved to give back.

There are many more benefits too! Review all of the ABCA membership benefits at www.ABCA.org/benefits.

Register for your ABCA membership online at www.ABCA.org.



BC Minor Baseball 2020 Coaches Conference Presentation Notes - Pete Caliendo Mixing old school & new school coaching & teaching

Pete Caliendo

- Former USA Baseball National Team Coach
- VP- ISG Baseball/International Coaches Educational Programs
- President-Caliendo Sports International, Teams Competing Worldwide
- WBSC World Baseball Softball Confederation Tournament Committee/ World Cup, Olympics

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BC Minor Baseball 2020 Coaches Conference Presentation Notes - Pete Caliendo Mixing old school & new school coaching & teaching

Pete Caliendo





Big League Experience (BLE) is in it's 24th year of operation under the guidance of Milwaukee Brewers Scout and former Canadian Olympic team coach Marty Lehn and former professional and Canadian National team player Colin Dixon. BLE not only offers a residential summer camp in the beautiful South Okanagan, but also offers Tournaments and Travel events that includes an Elite staff that is second to none. Such staff will include: former MLB players & coaches, active MLB scouts, National & Provincial team members along with University/College personal.

This year's line up of events:

2020 Residential Summer Camp's - *All camps are inclusive - meals and housing provided*

Aug. 3 - 8: Girls Baseball Camp '02 to '08 Camp (Field size varies)

Aug. 10 – 15: BANDITO'S '09 to '10 Camp (60/46' field)

Aug. 10 – 15: YOUNG GUNS '08 to '09 Camp (70/48' field)

Aug.16 - 22: YOUNG GUNS "ELITE" '07 to '08 (70/48' field)

Stronger players will be exposed to 80' field

Aug. 23 - 29: FUTURE'S '05 to '07 Camp (80/54 ft field)

'07's must have office approval prior to registering.

Aug. 30 – Sept 4: PROSPECT'S '04 to '05 Camp (90/60.5 ft field)

'05's must have office approval before registering.

Aug. 30 – Sept 4: SHOWCASE 16+ Camp '04 or earlier (90/60.5 ft field)

The summer camps are used as a Player Identifier for Travel Event teams that go to Las Vegas and Arizona

2020 TOURNAMENTS – 4 GAME GURANTEE (WEATHER PERMITTING) – KAMLOOPS, B.C.

APRIL 2 – 5 SHOWCASE INVITIATIONAL – PREMIER EVENT & BANTAM ELITE

APRIL 16 – 19 MIDGET & BANTAM AAA and AA DIVISIONS

SEPTEMBER 24 – 27 SHOWCASE INVITATIONAL QUALIFIER & BANTAM ELITE QUALIFIER + OPEN DIVISION

2020 TRAVEL EVENTS: Las Vegas and Arizona

January 15 – 20 Perfect Games West Championships – Completed March 16 – 22 Camp and Spring NIT Championships (12U division)

March 23 – 29 Camp and West Coast Premier Championship Tournament (Bantam division)

March 23 – 27 Camp and Desert Sprig Classic Tournament (Midget division)
September 10 – 13 Colorado Rockies Invitational (Under and Upper Classmen teams)

Oct. 28 – Nov.1 Desert Fall Classica (13U to 18U teams)
Nov. 12 – 16 Veterans Day Challenge (11 & 12U division)

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