



AABC Newsletter



April 15th, 2009

Volume 1

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On behalf of the Alberta Amateur Baseball Council, I would like to thank you for reading this first edition of our e-news letter. Our goal is to better communicate with all of the people we are entrusted to provide coordination for in the sport of baseball throughout Alberta. This newsletter is intended to provide the story of our sport in the province. Please feel free to contribute to it in future editions. Initially, we anticipate providing two issues per year, but with demand and input from the baseball community, we would be pleased to enhance this further. I would like to close by wishing everyone all the best during the 2009 baseball season!!

Kevin Kvame, President, Alberta Amateur Baseball Council

About the AABC

The Alberta Amateur Baseball Council (AABC), established in 1998, is the central governing body for all baseball associations in Alberta. It is the governing body that is recognized by the Alberta Sports, Recreation, Parks and Wildlife Foundation, the department of the Alberta Government that funds organization that enhance the communities.

The Alberta Amateur Baseball Council consists of Little League Alberta, Baseball Alberta, Babe Ruth League, American Legion League and the Collegiate Baseball League. These organizations receive funding through their membership in the Alberta Amateur Baseball Council to run their programs. These individual organizations account for approximately 31,000 baseball players in the province of Alberta.

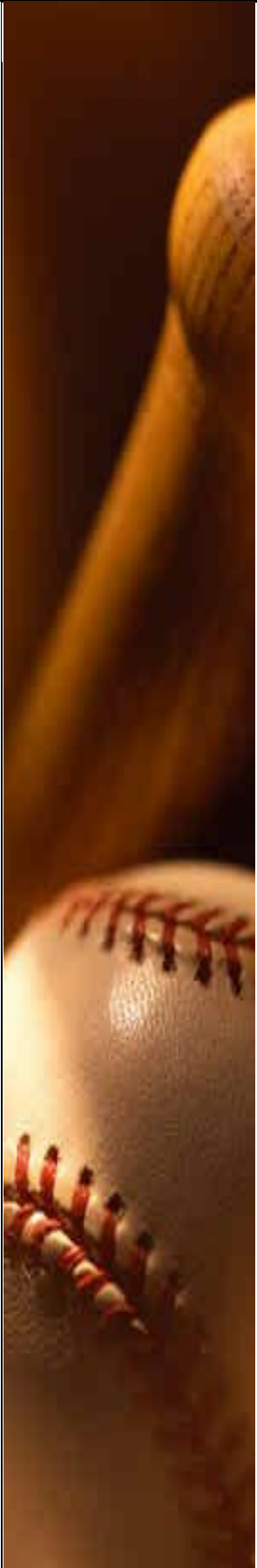
Alberta Amateur Baseball Council is recognized as the best collaborative and progressive sport organization in Canada. Their mission is to create opportunities to promote and coordinate baseball programs for Albertans.

The purpose of this newsletter is to provide players, coaches, officials, and parents with information on events and programs hosted by the AABC and its Members. This newsletter will be distributed twice a year.

LTAD High Performance Winter Camps: Review

The AABC's Long Term Athlete Development (LTAD) High Performance Winter Camps proved to be a complete success in 2008/2009. The AABC hosted fifteen (15) camps from November 2008 to March 2009. The fifteen camps were hosted in Lethbridge, Red Deer, and Penhold.

The goal of the off-season camps were to prepare young athletes for their upcoming seasons and the AABC's High Performance programming such as Talent ID camps, Zone Championships, Prospect Series, and the Canada Cup.



The AABC is committed to hosting camps throughout the province in order to increase participation in the rural communities. The AABC had approximately twenty (20) participants at the Lethbridge and Penhold camps, and forty (40) participants at the Red Deer camp. The AABC is hoping parents, coaches, and athletes will feed off the success of the 2008/2009 High Performance Camps, in-turn increasing participation in the 2009/2010 clinics.

Upon completion of the camps, players were given the opportunity to fill out camp evaluation forms. The evaluation forms provided the AABC with ideas on improving the High Performance Winter Camps for 2009/2010.

LTAD Skill Training Clinics: Review

The AABC's Long Term Athlete Development (LTAD) Skill Training Clinics were launched in March of 2009. The AABC is hosting six (6) clinics in 2009 in the following locations:

- Milk River
- Lethbridge: Baseball Week
- Calgary South Little League
- Calgary Fish Creek
- Medicine Hat Little League
- Lethbridge Norcrest

Each clinic consists of two (2) LTAD modules; the Fundamentals Module, and the Learning to Train Module.

The Fundamentals Module is a two (2) hour session. The clinic participants are parents and coaches in the 5-8 year old age group.

The Learning to Train Module is a two (2) hour session. The clinic participants are players, coaches, and parents in the 9-12 year old age group.

The AABC announced the following individuals as the LTAD Skill Training Clinic Instructors for 2009:

- **Aaron Lavorato**
 - Played 2 years at Junior College Program: Prairie Baseball Academy (PBA)
 - Played 4 years at NCAA Div II College Program: Wayne State
 - Played 3 years Professional Baseball in Italy
 - Coached 2 years for the PBA Junior Varsity program
 - Assistant Coach 2 years for the Lethbridge Bulls in the WMBL
 - Currently a Personal Banking Officer at Scotiabank in Lethbridge
- **Travis Magierowski**
 - Played 3 years at Junior College Program: Prairie Baseball Academy (PBA)
 - Head Coach 2 years for the PBA Junior Varsity program

- Coached 2 years in the Lethbridge American Legion Program
- Currently a full-time teacher at Vauxhall High School
- **Omar Kadir**
 - Played 2 years at the Junior College Program: Prairie Baseball Academy
 - Played 4 years at NCAA Div I College Program: University of Illinois
 - Played 3 years for the Lethbridge Bulls in the WMBL
 - Current Speed/Agility/Weight trainer for the Prairie Baseball Academy
 - Currently a personal trainer at the YMCA in Lethbridge, AB.
 - Currently in the process of completing his education degree at the University of Lethbridge

Spring Training 2009: Review

Medicine Hat was the host of the 2009 AABC Spring Training event. The Spring Training event was host to 40 athletes from across the province that converged at Athletic Park.

There were 12 coaches in attendance to put the athletes through their paces for 4 complete days. Along with the technical aspect of baseball throughout the 4 days, there were 5 classroom sessions. The classrooms session included 2 mental preparation sessions, 1 arm/shoulder session, 1 kinetic energy session, and 1 session on opportunities in baseball. The session on opportunities in baseball included a list of question to ask when being recruited by colleges and universities.

Upon completion of Spring Training, the athletes were given evaluation/questionnaire forms to fill out. The questionnaires turned in by the athletes came back very positive, and in 2010 the AABC will continue to offer the Spring Training event.

Talent Identification 2009

- **Introduction Identification for 13-15 Year Old Boys (born in 1994-1995)**
 - 9:00 AM Registration; 9:30 – 12:30 PM Camp
 - Competition: Alberta Zone Championships & Prospects Series
- **Talent Identification for 16-18 Year Old Boys (born in 1991-1993)**
 - 1:00 PM Registration; 1:30 PM - 5:00 PM Camp
 - Competition: Canada Cup & Year 4 Canada Games
- **Talent Identification for 19 Year Old Boys (born in 1990 and up)**
 - 9:30 AM Registration; 10:00 AM – 3:00 PM Camp
 - Competition: Year 3 Canada Games

Age Groups

- Youth Selects 2009 (1992-1993)
- Year 3 Canada Summer Games 2009 (1990-1991-1992)
- Alberta Zone Championships 2009 - Boys (1994-1995)
- Alberta Zone Championship 2009 - Girls (1996-1997)
- Prospect Games 2009 (1993-1994-1995)

****To be eligible to play for Team Alberta Programs all athletes must a minimum of one (1) Talent ID camp. Cost: \$35 (Includes an Alberta T-Shirt)**



AABC Talent ID Schedule 2009

Location	Date	Time	Ballpark	Contact
Lethbridge	April 17 th	9:30am – 5:00pm	Spitz Stadium	Brandon M. (403) 320-2025 x.26
Medicine Hat	April 19 th	9:30am – 5:00pm	Athletic Park	Lovell McDonnell (403) 527-7928
Calgary	April 25 th	9:30am – 5:00pm	Optimist	Wayne Bennett (403) 279-5461
Strathmore	April 26 th	9:30am – 5:00pm	Strathmore Ag Plex	Darren Kennett (403) 934-7371
Sherwood Park	May 2 nd	9:30am – 5:00pm	Centennial Park 9	Harold Northcott (403) 360-5233
Innisfail	May 3 rd	9:30am – 5:00pm	Innisfail	Ray Bergeron (403) 227-6464
Edmonton	May 9 th	9:30am – 5:00pm	John Fry Park	Rod Scammell (780) 974-4233
Grand Prairie	May 12 th	5:00pm – 9:00pm	Evergreen Park Kin Fields	Ryan Routley (780) 539-0781
Elk Point	May 19 th	5:30pm – 8:00pm	Riverview Ball Park	Lorn Berg (780) 724-4228
Fort McMurray	May 21 st	5:30pm – 8:00pm	TBA	Reggie Rivard (780) 747-3082
Red Deer <i>** 19 year olds</i>	TBA	10:00am -3:00pm	Red Deer	Harold Northcott (403) 360-5233

****Check the AABC website (www.albertabaseball.org) for schedule updates/changes***

Canada Summer Games 2009

Since 1967, the Canada Games has evolved to become the pinnacle of national competition for Canadian athletes and includes divisions for persons with disabilities and an arts component called the National Artist Program.

The 2009 Games are being organized and staged by the Prince Edward Island 2009 Canada Games Host Society, an incorporated not-for-profit organization, in co-operation with the national body, the Canada Games Council. While Prince Edward Island may be Canada's smallest province, Islanders are no strangers to hosting large-scale regional, national and international sporting events and are famous for their warm hospitality. The 2009 Canada Games multi-sport and cultural event will be held August 15-29, 2009 for ages 18 & older.

Baseball was introduced at the first Canada Summer Games in 1969 in Halifax, Nova Scotia. In 2009, baseball will include male competition only during Week 2 at the following fields: Memorial Field in Charlottetown, MacNeil Baseball Field in Stratford, and Clipper Field in Cardigan.

Teams will be seeded according to the results of the 2005 Canada Games, and grouped in two pools. Following round-robin play within each pool, the top two teams in each pool will play off for medals, while the others will play for ranking.



Please visit <http://www.2009canadagames.ca/en/> for additional information.

The AABC will be hosting a Talent Identification Camp for all 19 year-old College Players. This Talent ID Camp will be held in Red Deer, AB in May 2009. Please check the AABC website (www.albertabaseball.org) for updated information.

Prior to competing in the 2009 Canada Games in P.E.I., Team Alberta is scheduled to participate in the following events :

- Lethbridge Elks Tournament: June 17th – 21st
- WMBL Tour: July 20th – 22nd
- Red Deer Tournament: July 25th – 26th
- Team Alberta Training/Preparation Camp: August 19th – 21st
- CANADA GAMES: August 22nd – 31st

Youth Selects: Canada Cup 2009

In 2008, Alberta was a real crowd pleaser at the Canada Cup in Medicine Hat as they posted a 5 win and 2 loss record with the two losses only by one run. After the round robin Alberta was tied for the best record in the tournament. Team Alberta had several players identified but had to settle for three members being selected to the Team Canada roster.

In 2009, the Canada Cup will be hosted in Kindersley, Saskatchewan. The AABC will use their evaluations from the 2008 Prospect Series, the 2008/2009 High performance Winter Camps, and the 2009 Talent ID camps to choose the top athletes to represent Team Alberta in Kindersley, SK. Team Alberta is seeking to regain its position on the podium in 2009 and believes the talented athletes and coaches in the province of Alberta can make this happen.

The 2009 Canada Cup is scheduled for August 5th – 9th.

Alberta Zone Championships 2009

The 7th AABC Zone Championship will follow a similar design to the 2008 Alberta Summer Games. The goal of this event is to have the best 15 and under players in Alberta compete for their respective zone. The Zone Championships will be held on August 7th - 9th, 2009. The location of the 2009 Championships is yet to be determined. Please visit the AABC website for update information.

This tournament also has an identification component. It is where the final 20 selections are made for the 15 and under Team Alberta Prospect Series competing in the 2009 Prospect Series in Brandon, Manitoba.

The Provincial Coach is responsible for the selection of the coaches for each zone. The minimum requirements for each assistant coach will be Level 1 NCCP Certification and for the Head Coach Level 1 and Level 2 Technical.

The AABC will host the initial Talent ID camp; the Head Coach and Manager of each zone will be required to host two additional camps to provide equal opportunities for all athletes in the Province of Alberta.

Alberta 16 & Under Tournament

. The AABC 16 & Under Tournament presented by Source for Sports is scheduled for August 14th – 16th, 2009. The two primary purposes are to crown a true Alberta Champion from our member organizations, and Prospect Identification.

This tournament also has an identification component. It is where the final 20 selections are made for the 16 and under Team Alberta Prospects Series competing in the 2009 Prospect Series in Brandon, Manitoba.

Any team in Alberta is eligible to participate in the 16 & Under Tournament, as long as they meet the age requirements. All athletes must be 16 & under, born in 1993 or later.

This tournament will host a maximum of 8 teams, in a location that has yet to be determined. Please check the AABC website for updated information on this event

Little League - A great game of Baseball!

Think of the one thing that can make your skin tingle and give you butterflies in your stomach at the same time and that is the feeling you get the first time you see your child play Little League. The excitement that is felt by players, parents and fans at Little League games are the same emotions you feel when watching a Major League game. The game of Little League is for every child no matter what their abilities are. Little League has T-ball, baseball and softball programs and Challenger Division. Little League is for boys and girls from ages 5-18 years. The Challenger Division gives our physically challenged kids a great setting in which to experience the excitement of playing the game.

The upcoming season will be another wonderful event for all of our players. House league play will commence in May and run through to the end of June with various opportunities for house league tournament play throughout the 2 months of play. When house league ends we will start our All-Star season with teams playing in tournaments with the ultimate goal to represent Canada at a World Series. Play will begin with District play downs taking place in July and then move in to Prairie Division Championships in late July and early August with the World Series at each of the levels to be played in mid-August. We are pleased to announce that this year's Prairie Division Championships will be played in the following locations:

Major	11-12 Year Old	Calgary, Alberta	July 24-30, 2009
Junior	13-14 Year Old	Edmonton, Alberta	July 24-30, 2009
Senior	15-16 Year Old	Regina, Saskatchewan	July 27-30, 2009
Big League	17-18 Year Old	TBA	TBA



Expectations of Parents/Coaches

Perhaps you have heard some horror stories about the overbearing baseball parents and coaches. A good baseball experience for your child begins with the parents of each player. It is up to each parent to make being a youth more enjoyable, and to make baseball season a greater learning experience for the athletes. After all, no matter how much we enjoy it too, Baseball is for the kids. Here are 10 thoughts on how to make baseball more enjoyable for you and your children:

1. **Work with your child.** There really is little more satisfying than going out at least a few evenings a week and playing ball with your kids. This gives them quality time, and helps your child improve his/her skills. Some day, your child will look back on the spring evenings spent playing catch with mom and/or dad.
2. **The program only gets better if you VOLUNTEER.** Try and find time to will help all the team and league. For example, helping out at registration or tryouts, scorekeeping, field preparation, or umpiring. If your child sees that Baseball is that important to you, he/she will learn that it is important to the kids too.
3. **Don't argue in front of the kids** and criticize in the background if you think your child is being treated unfairly. As parents, it is natural to be very protective, but most coaches aren't discriminating. If you think there is a problem, discuss it with the coach AWAY from the ball field; chances are that you will see his point of view. The important thing is not to make an issue in front of the players; along with baseball, they are learning to work as a team and to respect authority and experience...work not to ruin this teaching.
4. **Show up for the games AND the practices.** In today's busy world it is sometimes hard to juggle schedules, but try and find time to support your child and the team. It's only a couple of times a week, a couple of months out of the year! The most irritating are the parents who don't ever watch practice but will question a coaches decision during the game.
5. **Respect the rules.** This is one of the most important things the kids should be learning. If you don't agree with an umpires call, keep it to yourself. Be a good role model for all the players and other parents.
6. **Don't create pressure.** Just about every father dreams of his son becoming a major league star, but they are only children and deserve to enjoy the game as children. All athletes mature at different ages, so don't expect more than they can deliver. Give positive encouragement, and be there when they need you.
7. **Losing is a normal result of competition—help your child learn to accept it.** No one likes to lose, but the nature of a team sport is that one team always loses. Teach your child that he/she didn't lose, the team lost. And they lost to a team that just happened to play better that day. There is always next time, and the important thing is to learn from the defeats. One of life's most interesting truisms is that we learn more in failure than in success. It's okay to analyze why your team lost, and how they can do better next time. It's never okay to place blame!
8. **Have Fun!** Baseball should be a positive experience for everyone: kids, coaches, support staff, and parents. Winning is nice, but losing is inevitable. Being a star is fun, but being a bench player is just as important. As a coach, don't get focused on winning as being the only way to have fun. If you can't enjoy the game without winning you are missing out on some of the best things about coaching.



Planning a Practice

- ✓ A standard practice should be approximately 1.5 hours long
- ✓ Coaches be there 15-20 minutes early to set up stations
- ✓ Begin to develop a personal connection with players by greeting them at the gate/dugout prior to practice
- ✓ Have a brief pre practice meeting (introduce helpers, and quick overview of practice plan)
- ✓ Always use 2 or 3 stations for drills; this will eliminate players standing around during practice
- ✓ Make sure you change your practice drills from day-to-day to keep players learning and refreshed (this can be done by choosing 4 different drills from the above list, and shuffling different drills each time you practice)
- ✓ Always give a brief demonstration of each drill
- ✓ Attempt to make small competitions in each drill
- ✓ Always show POSITIVE energy to show the players you are enjoying their success

Prairie Baseball Academy (PBA) Season Summary: Spring 2009

PBA teams are enjoying a good start to the spring season. After completing 22 games south of the border in the coldest weather we have ever played in, PBA has completed two weekends of conference play with much warmer results. The Varsity team has won 9 of 11 in conference play, taking three of four from Thompson River University, sweeping four from Vancouver Island University in Nanaimo, and taking 3 of 4 from the University of Calgary Dinos.

The varsity pitching staff has developed into a real force, with Alex Tufts, Jay Johnson, Jared Mortensen, Brandon Anhorn, and Mac Batchelor leading in innings pitched. Converted pitcher Curtis Beaudoin has led at shortstop, and at the plate has become a force to be reckoned with when combined with Jay Johnson (they lead the team in home runs).

The Junior Varsity team has opened with a 9-4 record and continue to show some good balance. Their highlight thus far was an extra inning win (4 extra frames) vs. Dawson Community College, to complete a 3-1 record in Glendive, MT. Josh Drews struck out the side to escape a loss in the bottom of the final regulation inning and pitched 4 innings of relief for the win.

The PBA schedule continue this weekend as the JV team is host to the Glacier Twins for a 4 game set at Spitz Stadium. The Varsity team is host to TRU for a 4 game set at Lloyd Nolan Yard.



You Make the Call

- 1) A delivery by the pitcher hits the ground in front of the plate and the umpire calls out "Ball." But the pitch skips over the plate and the batter slams it over the right field wall. Is this a homer?
- 2) In a prearranged surprise play, the pitcher, from the set position, tosses to the third baseman. Third is unoccupied, but the third sacker quickly fires to second, retiring a runner there. Is there anything wrong?
- 3) The batter hits a pop fly behind second base with runners at first and third with one out. The second baseman camps under the ball, and then steps aside and deliberately allows it to fall untouched. The fielder then throws the ball to second base, the ball is then thrown to first base to get both base runners out. Is this legal?

Please view the answers at the bottom of page 11.

Baseball Trivia

- 1) What father-and-son combo has the most career home runs?
 - a) Ken Griffey Sr. & Ken Griffey Jr.
 - b) Cecil & Prince Fielder
 - c) Dale & Yogi Berra
 - d) Bobby and Barry Bonds
- 2) Who hit over .300 in the most consecutive seasons?
 - a) Babe Ruth
 - b) Reggie Jackson
 - c) Ty Cobb
 - d) Roger Marris
- 3) Who hit into the most double plays in their career?
 - a) Hank Aaron
 - b) Babe Ruth
 - c) Joe DiMaggio
 - d) Lou Gehrig
- 4) Who was the first Major League player to pitch a ball over 100 mph?
 - a) Roger Clemons
 - b) Dwight Gooden
 - c) Nolan Ryan
 - d) Tom Seaver
- 5) Who is the only pitcher to have over 3000 strikeouts and less than 1000 walks?
 - a) Bob Gibson
 - b) Roger Clemons
 - c) Don Sutton
 - d) Fergie Jenkins

(see answers in right-hand corner)



Partnership Group - Sponsorship Specialists

The Partnership Group – Sponsorship Specialists™ is pleased to be working with Alberta Amateur Baseball Council on their sponsorship program. To date we have completed the development of an inventory of benefits that can be sold at the AABC level, team levels, league and association levels as well as tournaments. In addition for each of these areas we have completed real market valuation of each of the benefits as well as stock packages that can be sold to raise revenues for teams, leagues, tournaments and associations.

We encourage all teams, leagues, associations and those involved in tournaments to review the stock packages and opportunities for their own use to raise sponsorship revenues. We are further committed to AABC and its membership through development and training in the sponsorship area. For more details on how we can assist your specific organizations in the area of raising additional revenues annually speak to the AABC offices as mentoring time may still be available for allocation to your organization.

Also remember that the Partnership Group – Sponsorship Specialists™ works with companies and corporations to assist them in their investment of sponsorship. So if the company you work for or operate or own has sponsorships, we can assist in ensuring that you generate the return on investment you are seeking to achieve. Such companies that have invested in such services include but are not limited to; EnCana, Credit Unions of Saskatchewan, Xerox Canada and Stampede Messenger.

The Partnership Group – Sponsorship Specialists™ is an Alberta based national sponsorship consulting firm serving clients and hosting offices from British Columbia through Newfoundland and Labrador.

For more information on how the Partnership Group – Sponsorship Specialists™ can assist your baseball organization to raise more sponsorship revenue or to assist your company in managing investments in sponsorship visit www.partnershipgroup.ca or call toll free 1-866-588-9550.



Alberta Amateur Baseball Council

Contact Us

2425 N Parkside Dr S
Lethbridge, AB T1J 4W3

Ph: (403) 320-2025 ext. 26

Fax: (403) 320-2053

Email: b.magierowski@albertabaseball.org

Office Hours

Monday to Friday 9:00am to 5:00pm

For any additional information on the Alberta Amateur Baseball Council and its programs, please visit:

<http://www.albertabaseball.org>

AABC Member Organizations



You Make the Call: Answers

#1) Yes. The umpire erred in calling the pitch too soon. The batter may hit a pitch even though it first touches the ground.

#2) Yes. A pitcher is not permitted to throw to an unoccupied base from either the windup or set positions unless there is a play at that base. A balk should be called.

#3) Yes. Both runner and batter are out and the side is retired. The runner would have been protected if the infielder had intentionally dropped the ball. In this case he did not touch it until it had struck the ground.