



2011 Capitals Winter Fest

Information Pack

2011 Capitals Winter Fest

Welcome



Please let us thank you for registering for the 2011 Capitals Winter Fest. We at the Capitals are very pleased to offer a world-class baseball camp and coaching clinic in Edmonton in conjunction with the St Francis Xavier Baseball Academy. The camp will include three days of top-level instruction from Edmonton Capitals coaches and players for all ages and skill levels.

Enjoy your weekend of baseball and learning!
And most importantly, have fun!

-Edmonton Capitals Baseball Club



2011 Capitals Winter Fest

Event Summary



Date: January 21st to 23rd

Location: St Francis Xavier Baseball Academy

(Found inside the St FX Sports Centre at 9250 163 St, Edmonton, AB)



2011 Capitals Winter Fest

Instructors



Orv Franchuk

Edmonton Capitals Field Manager, World Series champion coach with the Boston Red Sox in 2004, hitting coach with the San Diego Padres organization in 2009 and 2010



Gord Gerlach

Edmonton Capitals Hitting Instructor and Director of Baseball Operations



Mark Randall

Edmonton Capitals Pitching Coach, St. FX Baseball Academy Coordinator



2011 Capitals Winter Fest

Instructors



Lou Pote

Edmonton Capitals 2010 Pitcher of the Year, World Series champion with the Anaheim Angels in 2002.



Mike Johnson

Edmonton Capitals pitcher, former Major League pitcher with the Montreal Expos and Baltimore Orioles.



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Instructors



Nate Hay

Edmonton Eskimos Head Athletic
Therapist



Sheen Bromley

St. FX Baseball Academy lead instructor



Wayne Ryder

T2 Motion Analysis president/operator



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Ages 12 and Under Camp



Registration Time:

Saturday, January 22nd at 8:30am

Camp Time:

Saturday, January 22nd - 9:00am - 12:00pm

Sunday, January 23rd - 9:00am - 12:00pm

Included in camp: T-shirt, jump drive with video analysis, lanyard, water bottle, awards and prizes

Please bring:

- Glove, bat and baseball gear
- Indoor shoes
- Athletic clothing
- Snacks



2011 Capitals Winter Fest

Ages 13 and Over Camp



Registration Time:

Saturday, January 22nd at 12:30pm

Camp Time:

Saturday, January 22nd - 1:00pm - 4:00pm

Sunday, January 23rd - 1:00pm - 4:00pm

Included in camp: T-shirt, jump drive with video analysis, lanyard, water bottle, awards and prizes

Please bring:

- Glove, bat and baseball gear
- Indoor shoes
- Athletic clothing
- Snacks



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Coaching Clinic



Registration Time:

Friday, January 21st at 5:30pm

Clinic Time:

Friday, January 21st - 6:00pm - 9:00pm

Saturday, January 22nd - 9:00am - 4:00pm

Sunday, January 23rd - 9:00am - 4:00pm

Included in fee: T-shirt, breakfast snacks on Saturday and Sunday

Please bring:

- NCCP number (if applicable)
- Notepad and pen
- Glove, bat and baseball gear
- Indoor shoes
- Athletic clothing



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Coaching Clinic



EDMONTON CAPITALS WINTER FEST COACHING CLINIC TOPIC LIST 2011

INITIATION MODULE AND SKILL ANALYSIS MODULE

DATE	TIME	TOPIC	INSTRUCTOR(S)
JAN. 21	5:30PM - 5:59PM	REGISTRATION	MATT MCPHEE/RYAN FRANKSEN
	6:00PM - 6:20PM	INTRODUCTION AND NCCP OVERVIEW	MARK RANDALL
	6:20PM - 6:50PM	ETHICAL SITUATIONS AND COACHING CONDUCT	SHEEN BROMLEY
	6:50PM - 7:20PM	DIMENSIONS OF INFIELDING	GORD GERLACH
	7:20PM - 8:00PM	DISCUSSION ON HITTING AND VIDEO ANALYSIS	ORV FRANCHUK/WAYNE RYDER
	8:00PM - 8:30PM	DISCUSSION ON PITCHING AND VIDEO ANALYSIS	MIKE JOHNSON/LOU POTE/WAYNE RYDER
	8:30PM - 9:00PM	PLAYING THE OUTFIELD	GORD GERLACH

TEACHING AND LEARNING MODULE

DATE	TIME	TOPIC	INSTRUCTOR(S)
JAN. 22	9:00AM - 9:45AM	HOW TO GET THROUGH TO BASEBALL ATHLETES	GORD GERLACH
	9:45AM - 10:30AM	DIFFERENCE MAKERS IN THE GAME	SHEEN BROMLEY
	10:30AM - 10:45AM	BREAK	
	10:45AM - 11:30AM	COMMUNICATE FOR SUCCESS	ORV FRANCHUK
	11:30AM - 12:00PM	HOW TO MAKE YOURSELF A BETTER PLAYER	LOU POTE

PLANNING MODULE

DATE	TIME	TOPIC	INSTRUCTOR(S)
JAN. 22	1:00PM - 1:44PM	PLAN A PRACTICE FOR ALL AGES	GORD GERLACH
	1:45PM - 2:30PM	HITTING DRILLS FOR SUCCESS	ORV FRANCHUK
	2:30PM - 2:45PM	BREAK	
	2:45PM - 3:29PM	MAKE SURE THAT EVERYONE IS PARTICIPATING	MIKE JOHNSON
	3:30PM - 4:00PM	HOW TO CREATE OFFENSE	SHEEN BROMLEY

PITCHING AND CATCHING MODULE

DATE	TIME	TOPIC	INSTRUCTOR(S)
JAN. 23	9:00AM - 9:44AM	CATCHING FUNDAMENTALS	ORV FRANCHUK
	9:45AM - 10:30AM	PITCHING ROUTINES	LOU POTE
	10:30AM - 10:45AM	BREAK	
	10:45AM - 11:29AM	ORGANIZE YOUR PITCHERS	MARK RANDALL
	11:30AM - 12:00PM	"KEEP YOUR WEIGHT BACK" - PITCHING	MIKE JOHNSON

STRATEGIES MODULE

DATE	TIME	TOPIC	INSTRUCTOR(S)
JAN. 23	1:00PM - 1:44PM	DON'T FORGET TO RUN THE BASES	SHEEN BROMLEY
	1:45PM - 2:30PM	SEEING THE BALL	ORV FRANCHUK
	2:30PM - 2:45PM	BREAK	
	2:45PM - 3:29PM	MAKING YOUR ATHLETES STRONGER	NATE HAY
	3:30PM - 4:00PM	KEEPING YOUR ATHLETES HEALTHY	NATE HAY



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Thank You



Once again, thank you for registering for the 2011 Capitals Winter Fest.

Please contact us with any questions at
capsinfo@capsbaseball.ca

