

**ST. FRANCIS XAVIER HIGH SCHOOL**

# **Baseball Academy**



**ATHLETE'S GUIDE**

**THE PERFECT GAME**

**St. Francis Xavier High School**

**9250 - 163 Street • Edmonton AB • T5R 0A7**

**Tel: 780-489-2571 • Fax: 780.486.2564**

**[www.stfx.com](http://www.stfx.com)**



EDMONTON CATHOLIC SCHOOLS



Dear Student Athlete:

I would personally like to welcome you to the fifth season of the St. Francis Xavier Baseball Academy. It is a very exciting time for the development of baseball programs in Canada and this is a large step forward in developing excellent athletes, coaches and programs. The Academic and Baseball staff is committed to Long Term Development of the Student Athlete.

I am sure that when you look back on your years spent at St. Francis Xavier High School it will have been the best investment in your sports and academic career.

Please be advised that athletics is one component of your time at St. Francis Xavier High School and that in order to be successful in baseball a commitment will have to be made in all aspects of education. You have to perform in the classroom to be able to perform on the field and that premise will follow you throughout your career.

The baseball staff is excited about delivering a first rate baseball program and looks forward to the up - coming year. If you ever have any concerns or questions please feel free to contact myself or any one of the individuals involved with the Baseball Academy and/or St. Francis Xavier High School.

Sincerely,

A handwritten signature in black ink that reads "Mark Randall". The signature is written in a cursive, flowing style.

Mark Randall  
Baseball Academy Coordinator

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## Course Outline

### Physical Education 10/20/30 Baseball Academy Course Outline

**Objectives:** Students will acquire skills through a variety of developmentally appropriate movement activities, in an alternative environment; i.e., aquatics, skating and outdoor pursuits; and games and individual activities.

- Basic Skills
- Application of basic skills in an alternative environment, games and individual activities

Students will understand, experience and appreciate the health benefits that result from physical activity.

- Health Benefits
- Personal Functional Fitness
- Body Image

Students will interact positively with others

- Fair play/Teamwork
- Leadership/Followership
- Managing Change

Students will assume personal responsibility to lead an active life.

- Motivation/Effort/Self-confidence/Self Esteem
- Goal Setting
- Decision making
- Safety
- Risk Taking

**Evaluation:**

|                     |            |
|---------------------|------------|
| Effort and attitude | 10%        |
| Exams               | 30%        |
| Skill Tests         | 30%        |
| Assignments         | <u>30%</u> |
|                     | 100%       |



## 1. Attendance/Participation

Participation in classes and activities is a must. Notes from home or the doctor do not excuse you from coming to class and being prepared for class. Students are always expected to come to class and we will decide together how you can participate, taking into account your limitations. Participation marks will be based on the Rubric provided.

## 2. Skill Development

Students will be learning basic skills for each of the units taught in Phys. Ed. Some units will have skill tests.

## 3. Theory

There will be written exams given in this class. Questions will be based on rules, skills and strategies of sports learned in class.

### Tentative List of Phys.Ed. Activities

- Fitness
- Aquatics
- Basketball
- Track and Field
- Yoga
- Team Handball
- Skating/Hockey
- Volleyball
- Soccer
- Cricket
- Football
- Tennis
- Pilates

All Dates and Activities are subject to change based on availability of facilities and at the Instructor's discretion.

Due Dates for Assignments will be given by the Instructor at the time they are introduced.

Mid – Term Exams and Final Exams will remain on the days provided and school policies as well as course policies will apply regarding attendance and moving an exam date.



## Baseball Outline

### **Fall:**

Tools Testing  
 Throwing mechanics  
 Pitching/Hitting mechanics  
 Groundball Mechanics  
 Mental Approach/Goal Setting  
 Mental Approach/visualization  
 Mental Approach/positive self talk

Warm – up protocol  
 Hitting Drills  
 Increase Arm Strength  
 Simulated games/two ball  
 Pitchers Fielding Practice  
 Catching positions and throwing

### **Winter:**

Tools Testing  
 Fielding Skills  
 Base running skills  
 Increase Arm Strength  
 Hitting/power development

Positional Play  
 Situational play/strategies  
 Team offence and defense  
 Pitching/bullpen routines  
 Long Toss

### **Spring:**

Tools Testing  
 Offensive and Defensive – Practical  
 Arm regeneration and conditioning  
 Tempo training

Increase arm Strength/long toss  
 Practice organization  
 Team play/scrimmages

### **Gym Strip:**

All students will be required to change from school clothes into gym strip unless otherwise told by Mr. Bromley or Mr. Randall. When participating in baseball activities outside, players must bring baseball pants (white or gray), spikes or cleats, as well as their Baseball Academy hat and shirt. When participating in any activity other than baseball or while baseball training indoors, students may wear either their Baseball Academy Track Suit or Shorts.

### **Schedule of Class Period:**

All students must be dressed and meet outside the gym at 1:30pm. We will always travel as a group to wherever class is taking place on any given day.

### **Use of Locker Room:**

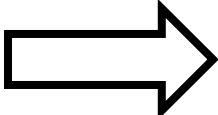
Students should store only Phys. Ed materials in their gym lockers. Do not leave valuables lying around. Please use the trashcans provided. The locker room must remain very clean at all times.

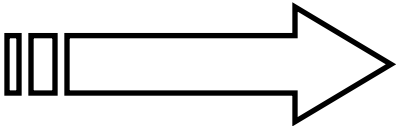


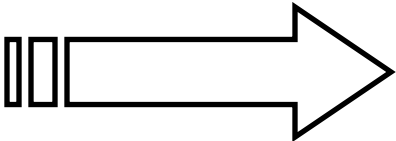
## Baseball Academy Grading and Testing Policies

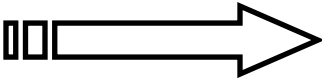
Exams that are considered excused absences or pre-arranged absences will be re-scheduled or a written assignment will be given in the Baseball Office at the discretion of the instructor to protect the integrity of the results.

All student/athletes participating in the Baseball Academy have an opportunity to earn five (5) credits in Physical Education and Sports Performance respectively and 3 credits in Independent Religion for a total of thirteen (13) credits. The Baseball Academy is a full year program consisting of 1 block each semester. Grading will be considered cumulative for the year with a final mark being awarded at the end of semester two.

|   |   |  |
|---|---|--|
| <b>Physical Education</b><br><b>Sports Performance</b><br><b>Independent Religion</b> |  | <b>5 Credits</b><br><b>5 Credits</b><br><b>3 Credits</b> |
|---|---|--|

|  | <u>Physical Education</u>   |  |
|--|---|--|
| <u>Activities/Practical</u><br>On-Field<br>Cross-Training<br>Fitness Training<br>Skill Testing |  | <u>Marking/Assessment</u><br>Participation<br>Quizzes<br>Preparation<br>Attendance |

|   | <u>Sports Performance</u>   |   |
|---|---|---|
| <u>Activities/Classroom</u><br>Baseball 101<br>Mental Skills<br>Nutrition<br>Guest Speakers |  | <u>Marking/Assessment</u><br>Participation<br>Exams<br>Peer Teaching<br>Assignments |

|   | <u>Independent Religion</u>   |  |
|---|---|--|
| <u>Activities/Classroom</u><br>Religion Instructor<br>Independent Studies |  | <u>Marking/Assessment</u><br>Workbook<br>Assignments |



## Baseball Academy Contact List

Mark Randall – Baseball Academy Director

Baseball Office 489-2571 Ext.341

Cell Phone 238-6275

Email [mark.randall@ecsd.net](mailto:mark.randall@ecsd.net)

Sheen Bromley – Academics/Lead Instructor

Baseball Office 489-2571 Ext.342

Email [sheen.bromley@ecsd.net](mailto:sheen.bromley@ecsd.net)

Mike Johnson – Contract Instructor

Rob Boik – Contract Instructor

Ethan Pacholok – Strength and Conditioning Coordinator

Diane Brophy – Sports Academy Administrator

Office 489-2571

Email [diane.brophy@ecsd.net](mailto:diane.brophy@ecsd.net)

## Facility Addresses

|   |                                 |
|---|---------------------------------|
| <b>St. Francis Xavier High School</b>       | <b>9250 - 163 St., Edm.</b>     |
| <b>Jubilee Park</b>                         | <b>93 Ave. - 161 St., Edm.</b>  |
| <b>Callingwood Ball Park</b>                | <b>173 St. - 76 Ave., Edm.</b>  |
| <b>Jasper Place Fit. &amp; Leisure Ctr.</b> | <b>9200 - 163 St., Edm.</b>     |
| <b>Telus Field</b>                          | <b>10233 - 96 Ave., Edm.</b>    |
| <b>Big League Apparel (Indoor Facility)</b> | <b>10015 - 167 Street, Edm.</b> |





## **Instructors Code of Ethics**

### **As a Member of the Baseball Academy:**

1. Remember that you are representing your family, friends, teammates and St. Francis Xavier High School. Use appropriate behavior that exemplifies positive actions.
2. Live by the principle that to be a great student/athlete you must have a solid work ethic, be courageous, have consistency and remain confident.
3. Always come to class prepared.



## **Students Code of Conduct**

Formulated by the inaugural class for the 2005/2006 Baseball Academy season.

1. A positive attitude and appropriate behavior must be displayed at all times.
2. Cooperation and teamwork must be valued as a part of every day performance.
3. Your best effort to work well with teammates must be displayed on a consistent regular basis.
4. It is expected that an effort be made to support teammates in a positive and encouraging manner.
5. Learn and understand from your mistakes what it takes to be successful.
6. Play and work with consistent effort.
7. Always challenge yourself and never give up.



## **Program Placement Criteria**

Instructors will use the following as a guideline in creating instructional groups/teams:

- Skill Level
- Attitude
- Individual Goals and Objectives
- Academics
- Attendance
- Grade/Age
- Playing Experience
- Player Potential
- Coaches Feedback



## LETTER OF INTENT

REGISTRATION IS OPEN TO ALL STUDENTS WHO ARE SERIOUS ABOUT ACADEMICS AND BASEBALL. IF YOU HAVE NOT PLAYED BASEBALL RECENTLY BUT HAVE AN INTEREST PLEASE INDICATE THAT ON THE FORM BELOW. ALSO, MAKE SURE THAT THERE IS A CLEAR UNDERSTANDING OF WHY YOU WOULD LIKE TO BE AN ACADEMY MEMBER. (EG. GENERAL INTEREST, SKILL IMPROVEMENT, COACHING ASPIRATIONS, UMPIRING/RULES/REGULATIONS FUTURE INTEREST)

PLEASE COMPLETE THE FOLLOWING AS AN INDICATION OF INTEREST OR CALL THE SCHOOL AT 489-2571 TO RECEIVE MORE INFORMATION.

STUDENT NAME/ GRADE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

LAST TEAM PLAYED  
AND LEVEL \_\_\_\_\_

### REFERENCES

COACH CONTACT INFO \_\_\_\_\_

COACH CONTACT INFO \_\_\_\_\_

COACH CONTACT INFO \_\_\_\_\_

### GOALS AND OBJECTIVES

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## **Xavier Fitness Center Policies**

Athletes at St. Francis Xavier have the opportunity to access our fully equipped and renovated Fitness Center as part of the Baseball Academy. A complete assortment of free weights, resistance training machines and cardiovascular training equipment will enable students in the Baseball Academy to greatly improve their fitness level.

### **Fitness Center Rules:**

- ⇒ Please treat the fitness equipment with care and respect;
- ⇒ No Food or Beverage in the Fitness Center (water bottles are only permitted);
- ⇒ Please remember to return weights and other equipment when finished;
- ⇒ Please wipe down equipment when finished;
- ⇒ No equipment is to be removed from the Fitness Center without permission of fitness staff;
- ⇒ Please report any equipment that is not working properly and requires maintenance to fitness staff;
- ⇒ No horseplay, loitering, swearing or visiting allowed;
- ⇒ Please wear appropriate workout clothing (Runners are Mandatory!);
- ⇒ Please leave personal belongings in your locker (No bags!);
- ⇒ Remember to have fun and train smart!



## **Reference Material Provided**

### **Sports Performance Booklets**

Sports Performance 15

Sports Performance 25

Sports Performance 35

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**Baseball Academy  
Athlete's Guide**



## **Equipment**

**As a member of the Baseball Academy you will be required to have the following items:**

1. Baseball Glove
2. Batting Gloves
3. Wood Bat (Suggested to have personal bat – team bats available)
4. All FX issued gear.

**As a member of the Baseball Academy the Following items will be supplied for all student/athletes:**

1. 1 Dry Fit T-Shirts
2. 1 Cotton T- Shirt
3. 1 Pair Shorts
4. 1 Baseball Cap
5. Socks
6. Spikes
7. Turfs
8. Baseball Belt
9. Firststar Jacket
10. BP Jacket
11. Baseball Nap Sack
12. Jersey

### **Baseball Related Equipment**

- a. Sampling of Wood Bats
- b. Catchers Gear
- c. Baseball Helmets
- d. Baseballs
- e. Cages and Screens
- f. Machines and Training Equipment
- g. 2 Indoor Pitching Mounds
- h. Uniforms including Pants



## **AWARDS**

### **HIGH SCHOOL AWARDS**

Golden Spikes Award – Most Valuable Baseball Academy Student

Most Outstanding Hitter

Most Outstanding Pitcher

Most Improved Hitter

Most Improved Pitching

Teamwork and Sportsmanship Award

Student of the Game Award

Most Valuable Student/Athlete as chosen by the students

Hitter of the Game – Extra – Work (H.O.G. – Award)

Defensive Player of the Game – Extra – Work (D.O.G. – Award)

### **JUNIOR HIGH SCHOOL AWARDS**

Most Outstanding Hitter Award

Most Outstanding Pitcher Award

Most Improved Award

Teamwork and Sportsmanship Award

Most Committed Award

Most Valuable Student Award

Highest Academic Achieving Award

Hitter of the Game – Extra – Work (H.O.G. – Award)

Defensive Player of the Game – Extra – Work (D.O.G. – Award)

Awards are given out at the End of the Year at the St. Thomas More Junior High School and the St. Francis Xavier High School Awards Banquets.





## **Baseball College/University Placement Program**

The Baseball Academy is dedicated to assisting and furthering baseball and academic opportunities at post – secondary institutions for all members. The Baseball Academy is currently adding to the library of Colleges/Universities that we are in direct contact with in Canada and the United States. We are identifying new ways to use the Baseball academy website and on – line technology to increase interest in student athletes. It is the objective of St. Francis Xavier High School and the Baseball Academy to help place every student. (Baseball/Fastball or Academically)

### **The following is a rundown of how the process works:**

1. Identify to the staff and family members that you are interested in attending College/University. As early as possible is ideal.
2. A decision must be made by either signing a letter of intent with the school or registering with the Registrar of the school that you are attending. You can sign a letter of intent with a Junior College and a University in the same school year and still be eligible at either institution.
3. Arrange for paper work to be completed. If attending a University in the United States proper documentation is required when leaving the country. (1 – 20 Student Visa is required)

### **Criteria for placing a student athlete:**

- Skill Level
- Attitude
- Individual Goals and Objectives (Academics and Baseball)
- Academics
- Playing Experience and Position
- Player Potential
- Coaches Feedback
- Finances
- Comfort Level for leaving home



## Harassment Policy

The purpose of an anti-harassment policy is to ensure that all participants, training sessions and program functions are guaranteed the existence of a pleasant environment. The Baseball Academy's Policy is that all participants are entitled to compete in a friendly, supportive environment, free from harassment.

Harassment takes many forms, but can generally be defined as behavior including comments and/or conduct which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or groups of individuals, or which creates an uncomfortable environment.

Harassment may Include (but not all inclusive):

- Unwelcome remarks, jokes, innuendos, or taunting about a person's body, attire, age, ethnic or racial origin, etc.
- Practical jokes which cause awkwardness or embarrassment or endanger a person's safety.
- Sexually oriented comments.
- Physical assaults, graffiti
- Physical conduct such as touching, kissing, patting, pinching etc.
- Written or verbal abuse or threats.
- Racial or ethnic slurs.
- Leering or suggestive staring or other obscene gestures.
- Paternalism, patronizing.

\*The Baseball Academy and its Instructors **do not** condone or allow "hazing or initiation rites" of any kind for rookies or any other participant.



## Quotes

"A Humble Man of Grace and Dignity. A Captain Who Led by Example. Proud of the Pinstripes Tradition and Dedicated to the Pursuit of Excellence. A Yankee Forever." - Plaque in Monument Park – Don Mattingly

"I'm just a ballplayer with one ambition, and that is to give all I've got to help my ball club win. I've never played any other way." - Joe Dimaggio

"A man has to have goals - for a day, for a lifetime - and that was mine, to have people say, 'There goes Ted Williams, the greatest hitter who ever lived.'" - Ted Williams

"Any time you think you have the game conquered, the game will turn around and punch you right in the nose." - Mike Schmidt

"Just one (superstition). Whenever I hit a home run, I make certain I touch all four bases." - Babe Ruth

"Every great batter works on the theory that the pitcher is more afraid of him than he is of the pitcher." – Ty Cobb

"Enjoy your sweat because hard work doesn't guarantee success, but without it, you don't have a chance." – Alex Rodriguez

"Baseball is ninety percent mental. The other half is physical." – Yogi Berra

"I'm a really smart player. If you tell me something, I get it quickly. If there is something wrong with my hitting, tell me what's wrong and I'll pick it up right away. That's the best thing I have going for me, my ability to listen to a coach and fix what I'm doing wrong." – Albert Pujols

"I come out here every day, and my job is important when it comes to being there every day and being there for my pitchers. I really want to be known more as a defensive guy, and take my pitchers to the next level. Every time I go out on the field, I take a lot of pride in what I do at the plate, but I take a lot more pride in what I do behind the plate." – Jorge Posada

"I'm big into having routines. I'm almost a little crazy about it, but you have to be—especially at this level." – Barry Zito

"I try to do two things: locate my fastball and change speeds. That's it. I try to keep as simple as possible. I just throw my fastball (to) both sides of the plate and change speed every now and then. There is no special food or anything like that, I just try to make quality pitches and try to be prepared each time I go out there." – Greg Maddux





**THE PERFECT GAME**

