

ALBERTA AMATEUR BASEBALL COUNCIL



PRESENTS:

Off Season High Performance Training: 2009 & 2010 Long Term Athlete Development



Who is the Alberta Amateur Baseball Council (AABC)?

The AABC is the Alberta baseball body recognized by the Provincial government. The AABC provides funding to American Legion, Babe Ruth, Baseball Alberta, Little League Alberta and collegiate baseball, more specifically Prairie Baseball Academy (Lethbridge) and the University of Calgary Dinos. The AABC also operates high performance programs for the athletes in the province. These programs include Spring Training, Alberta Summer Games, Zone Championships, Source for Sports 16 and Under Tournament, Prospects Series, Canada Cup, Western Canada Summer Games, Canada Summer Games and High Performance Winter Programs (Long Term Athlete Development).

Two years ago Team Alberta identified areas that needed to be improved on in order for Alberta to compete at the national level. The last two years have produced some very good results. In 2008 at the Canada Cup Tam Alberta posted a 5 – 2 record placing fifth in the nation; In 2009 Team Alberta (Canada Cup) posted a 4 – 2 record placing first in the “B” pool and claiming fourth in the nation and the 2009 Canada Games Team also had a 4 – 2 record which placed them in the gold medal game, another first for the Province of Alberta. The 2008 grade 12 graduating class moved on 28 athletes into college/ university opportunities across North America. For Team Alberta to continue to have success on the national stage we must continue to strive to make ourselves better in the following areas:

1. Speed, Agility, Quickness
2. Strength Training
3. Mental Preparation & visualization
4. Technical – hitting, infield and pitching, catching, outfield, running bases

This camp is by invitation only; to be selected to this camp you have made a positive impression on the Team Alberta coaching staff at the Alberta Summer Games, Zone Championships, Source for Sports 16 and Under Tournament, Spring Training, Prospects Series, Western Canada Games and Canada Cup or a combination of the above. This opportunity does not place you on Team Alberta. To make Team Alberta it will take hard work, determination, commitment, mental toughness, physical strength and baseball ability.

Does this mean you are on one of these teams in the future?

Absolutely not! This opportunity is only provided to 150 athletes and is offered to make you a better athlete and a better person. The competition across the nation is becoming stronger and you must take control of making yourself better, both on the field and off. This opportunity has been provided because of your previous hard work; consider this a privilege and an honour – you’ve earned it.

What happens if I don’t attend?

You lose an opportunity to work with top technical and mental training personnel in Alberta and Canada and risk falling behind the athletes that are preparing for their future.

If I do not make Team Alberta is my baseball career over?

Absolutely not! Athletes develop at different rates; this includes height, weight, strength and ability. For example, in baseball you will not reach your full strength potential until you are in your early twenties. The AABC has seen athletes play for Team Alberta and go onto excellent college and professional careers. The

AABC has also seen athletes who did not make Team Alberta go onto excellent college and professional careers. Please remember that there is no time schedule for the sport of baseball.



AABC - High Performance Training (con't)



Why are these four topics important to Alberta athletes?

Over the past several years the High Performance programs have recognized that many Alberta athletes need to increase their speed, agility, quickness and strength to compete with other provinces such as Ontario, BC and Quebec.

The second component for Alberta to succeed is the mental component with an added bonus visualization. To make Team Alberta is one thing, but to compete mentally and physically is a totally different aspect. At the Canada Cup and Canada Games it is not uncommon to find 20 major league scouts at a game, hundreds, sometimes thousands of fans. This can be very intimidating for athletes. The mental preparation that will be presented will help athletes set goals, control emotions, relax, energize, compete, visualize, focus and most importantly, refocus if things are not going as planned.

In 2007, Team Alberta provided one of the physically best groups of athletes ever. Unfortunately, the mental component was not at the same level. We are now providing opportunities for athletes to prepare mentally for the sport of baseball. 2008 was a different story; Team Alberta competed with the best competition and came out with a 5 – 2 win/loss record. The 2009 Canada Summer Games team was comprised of half the 2007 Cup athletes and this past summer these same athletes played in the Gold medal game for the Canada Summer Games, a feat that has never been accomplished in Alberta.

Technically the AABC has very qualified coaches who want to share their knowledge with Alberta athletes. The key areas to develop are hitting, infield and pitching, catching, outfield and base running. If time is available other areas will be considered. If Alberta is going to compete with the rest of the nation, our athletes must be on the same playing field, technically, physically and mentally.

PROGRAM DETAILS

Speed, Agility, Quickness & Strength Presenter: Neil Wilson graduated for the University of Alberta with a Bachelor of Science in Kinesiology Degree. He now works as a Kinesiologist with CBI Physiotherapy and Rehabilitation in Red Deer, Alberta. Since 2005, Neil has been a strength and conditioning specialist in both individual and team training sessions. Neil is a member of the worldwide National Strength and Conditioning Association; Canadian Society of Exercise Physiologist; and the Alberta Kinesiology Association. He holds certification as a certified Strength and Conditioning Specialist and a Certified Exercise Physiologist. Neil is in his third year with Team Alberta and has worked with Jeff Krushell (Krush Sport Performance). His experience with speed, agility, quickness and strength training makes Neil an excellent addition to Team Alberta.

Mental Preparation Presenter: Frank van den Berg helped mentally prepare Team Alberta over the last three years and was a big part of the success. Frank will be assisted by other top qualified mental prep presenters across Alberta. Frank graduated in 1995 from the University of Groningen, The Netherlands with a master's degree in developmental and sport psychology. Professional credentials include: Registered Psychologists College of Alberta Psychologists; Member of the Canadian Psychological Association; Registered Psychologist and certified applied Sport Psychologist for the Dutch Sport Psychological Association; Professional member, Association for applied Sport Psychology and a member of the International Society of Sport Psychology.

Since 1998, Frank worked as a sport psychologist for several national and developmental teams in the Netherlands and Canada which included the 2002 Salt Lake City Olympics. Frank has been contracted by the

Alberta Sport, Recreation, Parks and Wildlife Foundation to carry out mental training for the next four years which will include the 2013 Canada Summer Games.

This session will include goal settings, controlling emotions, relaxing, energizing, competing, visualizing focussing and refocusing.

Baseball Technical Presenters: Harold Northcott Provincial Head Coach for the Alberta Amateur Baseball Council will organize the technical components of the program. Instructors include Canada Cup, Canada Games and Western Canada Coaches, College coaches and ex - college players.

When:

December 2009 – March 2010

Where:

<u>Zone</u>	<u>Community</u>	<u>Facility</u>	<u>Address</u>
1	Vauxhall	Recreation Centre	East side of Arena
2 & 3	Olds	College/Recreation Facility	4500 – 50 Street
4	Springbrook	Recreation Facility	22 street – 33 Ave
5 & 6	Leduc	Recreation Facility	# 1 Alexandra Park
Zone 7	Bonnyville	Centennial Centre	
Zone 8	Grande Prairie High School –	Composite high School	

Sample Schedule: This is a generic schedule form last years High Performance Winter Camps. The 2009/10 camps will have different time frames for some camps.

Schedule:

10:00 – 10:10 AM:	Overview of the day's schedule
10:10 AM - 11:10 PM:	Warm up, movement skills, speed, agility & quickness
11:10 PM – 12:00 PM:	Technical infield/catching
12:00PM -12:20 PM:	Lunch – athletes are responsible for lunch (eg: fruit, vegetables, sandwich juice box)
12:20PM – 12:35 PM:	Warm up
12:35 PM – 1:25 PM	Technical –Pitching/outfield
1:25 PM– 2:15 PM	Technical – Hitting/baserunning
2:15 PM– 3:15 PM –	Mental Prep
3:15 PM - 4:00 PM:	Weight Training –
4:00 PM – 4:10 PM	Wrap up and departures

What do you require for equipment?

- Indoor running shoes – clean, non-marking shoes
- Glove, personal bat
- Catchers – bring personal catching gear
- Shorts or baseball pants (grey if possible)
- T-shirt
- Towel
- Water bottle
- Note book
- Pen
- Good attitude
- Willingness to learn
- Willingness to change
- Willingness to allow yourself to be the best you can be

The AABC will provide athletes with a t- shirt, this t-shirt will need to be worn at all camps. Please indicate your size. T-shirt Size M/L/XL_____

Cost:

\$280.00 (Verbal Commitment must be received by **Friday November 13th** , 2009)

Payable To:

Alberta Amateur Baseball Council
2425 North Parkside Drive
Lethbridge, Alberta
T1J 4W3

PAYMENT MUST BE RECEIVED BY December 1st, 2009

IMPORTANT: Verbal Commitment / Decline Deadline:

Friday **November 13th** , 2009

To:

Harold Northcott cell 403.360.5233
Email:provcoach@albertaamateurbaseball.org

or

Brandon Magierowski – 403.320.2025 – ext 26
b.magierowski@alberta baseball.org

Thanks,

Harold Northcott

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