

APPLE VALLEY EAGLES BASEBALL

**February 1st , 2016
AVHS Cafeteria**



AVHS COACHING STAFF VARSITY & JV

Jeremy Chlan

Varsity Assistant
Infield & defense specialist

Sam Firpo

Varsity Assistant
Hitting Instructor

Joe Gonzalez

Varsity Assistant
Pitching Specialist

Trevor Hemphill

Head JV Coach
Day to day operations of junior varsity team

Brett Sadek

Assistant JV Coach
Assist with day to day operations of junior varsity team

Sophomore & Freshman Coaches

Sophomore Coach

Day to day operations of the sophomore team

Sophomore Coach

Assist with sophomore team

Dan McGrath

Freshman 9A Coach

Day to day operations of the 9A team

Jeremy Gordon

Freshman 9B Coach

Day to day operations of the 9B team

Summer Baseball

Legion (top team, ages 16-19)-Coach TBA

Sr. Babe Ruth (typically ages 16-19)-Coach Riley Peterson

Jr. Legion (ages 16 and under)-Coach Trevor Hemphill

Tryouts: Saturday, April 30th @ Legion Field (& possibly May 1st)

-16U @ 9:45-12

-All others 12:45-3

<http://www.signupgenius.com/go/10c0d4aadae28a2fd0-2016>

Or search on SignUp Genius by creator's email: t.hemphill@charter.net

Seasons start soon after the high school season.

To see schedules from last summer check out the following websites:

Legion- <http://www.applevalley76erbaseball.com>

Jr. Legion & Sr. Babe- GameChanger site, search Apple Valley Jr. Legion or Apple Valley Sr. Babe Ruth Twins

Summer Baseball Contacts

Bruce Young (Legion Admin): byoung3547@yahoo.com

Brady Sweitzer (Jr. Legion and Sr. Babe Director): sweitz24@frontiernet.net

Riley Peterson (Sr. Babe Head Coach): petersri5@hotmail.com

Trevor Hemphill (Jr. Legion Head Coach): trevor.hemphill@district196.org

Baseball Tryouts

9-12th Graders

March 21st-24th

8am-10am

March 29th & 30th Time TBD

*Teams Announced Thursday March 31th after
school*

TRAINING OPPORTUNITIES

- Early Morning Throwing (Every M & W)
- Starts February 3RD from 6:30am – 7am
- Speed and Strength Training (Every Friday)
- Starts February 5th after school from 2:45-3:45pm

Composition of Teams

Varsity (3-4 coaches & 15-18 players)

- **Main purpose is to win a championship**
(conference/section/state)
- through high intensity practices while achieving a high work ethic and working on perfecting every aspect of the game and distributing these skills to games
- Teamwork and cohesiveness must be more important than individual achievements/goals
 - Players will know that top 9 players will be in the lineup
- Each player will follow rules & philosophy of Apple Valley High School Baseball & MSHSL

Composition of Teams

- **Junior Varsity (2 coaches & 13-15 players)**
- Main purpose is getting players ready for the varsity level
- Focus will be putting together a competitive lineup for each game
- Continued emphasis on player development through accelerated practices with varsity
- Players at this level should be having an established position

Composition of Teams

10th (1-2 coaches & 13-16 players)

- Main purpose is on continued player development through repetition and game involvement
- Encourage athletes to get out of their comfort zone for maximum exposure
 - Equal playing time is still encouraged
- Start looking for players who are ready for the JV or possible Varsity level

Composition of Teams

- **9th Grade**
- **(1 coach per team & 12-14 players per team)**
- Main purpose is development of players through fundamentals and repetitions during practices and games
- Sacrificing success to provide each player with opportunities for improvement
 - Equal playing time is a focus at this level

Expectation

(PLAYER)

Student 1st

Athlete 2nd

Always be on time & prepared

***Make choices that reflect yourself, family
and school***

Expectations

(PARENTS)

Supportive of AVHS Baseball program

Be a fan of the game

Protocol for dealing with issues

- **Communication**
- **Constant Evaluation**
- **Topics to Discuss**

Booster Club Members

- Doug Parks – President
- Jason Sanders – Vice President
- Kristine Wegner – Treasurer
- Faith WaterStreet-Herber – Secretary

Topics to discuss

- Fundraising (Doug & Jim)
- Field Improvements (Doug)
 - Program Ads (Doug)
- Booster Club Members needed (Doug)
 - Spring Break (Kristine)
- Summer Volunteer Opp. (Jason)
 - Captain's Practice (Jason)
 - Apparel (Ron)

Twitter

Follow us on Twitter for the latest updates



@avbaseball

GO EAGLES!!