

APPLE VALLEY EAGLES BASEBALL

January 29th , 2018



AVHS COACHING STAFF VARSITY & JV

Jeremy Hendrickson

Head Coach

Sam Firpo

Varsity Assistant
Hitting Instructor

Dan McGrath

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

Jerry Hayes

Sophomore Coach

Day to day operations of the sophomore team

Sean Tanberg

Freshman 9A Coach

Assist with sophomore team

TBD Based on Numbers

Freshman 9B Coach

Day to day operations of the 9B team

Baseball Tryouts

9-12th Graders

March 19th-22nd

Time & Place TBD

TRAINING OPPORTUNITIES

- Early Morning Throwing (Every Tues. & Thurs.)
 - Starts February 6th from 6:45am – 7:15am
- Captain's Practice Started Jan 2nd
 - 32 players signed up currently
 - Remaining sessions still available for \$125
 - Tuesday or Thursday hitting at MN Mash from 8-9:00 pm
 - Saturdays Feb 24, March 3 and 17 AVHS 10-11:30AM

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 (2.3 GPA/NCAA)**
- **Athlete 2nd**
- **Always be on time & prepared**
- **Respond to Coach's Communications**
 - Players share with your parents when appropriate
- ***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 issue

Booster Club Members

- Jade Paulseth – President
- Gayle Firpo – Vice President
- Matt Holland – Treasurer
- Krys Wetzel – Secretary

Booster Club Fee's

- Check for \$250.00 Booster Club Fee made out to AVBBC
- Check for jersey deposit - \$75.00 (this will not be cashed unless we do not get your Jersey back) made out to AVBBC
- **How can you reduce your fee's?**
 - You will receive 25 Social Tickets that you can sell to recover your whole fee or as much of it as you want.
- **Baseball Social at Panino Brothers from 2:00-5:00 on March 3rd.**
(This will be our only fundraiser. Please save the date)!
We Need Your Support to make it a success!
- NO Card sales this year

Social Prizes / Details

Fundraising AV Baseball - Social March 3rd 2018

- First Prize: \$100
- 2nd prize & 3rd prizes:
- 5 tickets for two hour tubing at Buck Hill! (value \$90)
 - (Do not have to be present to win one of these prizes listed above)
- Additional raffles will be held at the event
- Additional donations are welcome.
- Please bring a \$10.00 gift card from a store or restaurant of your choice along with a bottle of spirits! Have fun with this and be creative! We are going to be using these gift cards and Spirits for our raffle baskets for our Social at Panino Brothers!
 - \$30 Check in lieu of the gift card and spirit donation. Made out to AVBBC

Other Notes

- Field Improvements – New sod and material added to the varsity field
- Dugout put back together and Fence making it secure.
- No Program – working on Banners to be hung on Varsity field during games.
- Booster Club Members needed – One opening for next year
- Main Communication will be email and Website
- Spring Training
- Captain's Practice
- Apparel (Ron Johnson)

Where Does Your Money Go?

- It takes \$7,000 per year for our program to break even.
- We pay for 2 – 3 Coaches
- Field maintenance
- Equipment- baseballs, bats, socks, hats, fields, uniforms, meals, etc.
- Any other improvements / benefits are from the additional funds we raise.

Volunteer Opportunities

- Announcing and running the scoreboard for JV and Varsity games
- Help with pickup, serving and clean-up of meals for your kids in the cafeteria. Schedule online
- End of year end party
- Senior players photo shoot at last home game (John Engler?)
- Anyone interested in taking photo's during the season?
- Senior gift organizer (senior parent)
- Senior Night – Need **Junior** parents to organize and run
- Taking photos of the boys for the Website
- Varsity poster
- **Check out Sign-up genius link on website for details**

Summer Legion Baseball Information

Legion (top team, ages 16-19)-Coach Riley Peterson

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

- Tryouts: Sunday, May 6th @ Legion Field @ 11-3
- (Rain date: May 13th)
- <http://www.signupgenius.com/go/10c0d4aadae28a2fd0-2017>
- or search on SignUp Genius by creator's email:
t.hemphill@charter.net

Seasons start soon after the high school season ends. Jr. Legion typically starts the week after Memorial Day. Legion sometimes starts before the end of the high school season, depending on playoffs.

To see Jr. Legion schedule from last summer check out the GameChanger site, search Apple Valley Jr. 76ers

Summer Legion Baseball Contacts

Brady Sweitzer (Jr. Legion and Legion Coordinator):
sweitz24@frontiernet.net

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

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

Twitter

Follow us on Twitter for the latest updates



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GO EAGLES!!

Thank You

Questions