



2020 CB East Baseball Informational Meeting



Kyle Dennis – Head Coach (kdennis@cbsd.org)

Pat Devlin – Pitching Coach

Kurt Wachowski – JV Head Coach

Freshman Coach and Additional Staff TBA


Mike Weidner – Off Season Strength Coach (michael@centralbuckscrossfit.com)

How to stay informed

Team Website – cbsd.org/cbebaseball

Twitter - @cbebaseball

Instagram - @cbeastbaseball

Sign Up for Text message / Email updates via Remind 

2020 Graduates – Visit rmd.at/cbeast2020 or for text only @cbeast2020 to 81010

2021 Graduates – Visit rmd.at/cbeast2021 or for text only @cbeast2021 to 81010

2022 Graduates – Visit rmd.at/cbeast2022 or for text only @cbeast2022 to 81010

2023 Graduates – Visit rmd.at/cbeast2023 or for text only @cbeast2023 to 81010

Pre-Tryouts

- Off Season Weight Training 11/4 – 2/26
 - Monday and Wednesday 6:00 – 7:30
 - CB East Weight Room
 - Cost: FREE
- Optional Training at PA Sports Ranch - 31 Oak Ave, Chalfont, PA 18914 (Details attached)
 - Tuesday and Thursday – 3:30 – 5:30
 - Starts 1/7, Ends 2/27
 - Register and payment: <https://www.pasportsranch.com/cb-east-workouts>
 - Can sign up for 1 or 2 days a week
 - Costs - \$132 for 1 session a week (8 sessions) or \$264 for 2 sessions a week (16 sessions)
- Mandatory Player Survey for All Players - <https://tinyurl.com/CBEBaseball2020>
- Parents must register athlete on FamilyID.com – Will be announced when open for spring sports
- Mandatory Concussion Seminar – Mid February –
 - Not necessary if you have already attended and were tested *this academic school year*
- Physicals Questions? <https://www.cbsd.org/Page/905>
 - Haven't tried out for or played a sport this academic year
 - Fully completed PIAA Comprehensive Pre-Participation Physical Evaluation (Sections 1 – 6)
 - Tried out or played a sport this academic year
 - Section 7 or 8 of PIAA CPPPE Physical depending on if injured.

Tryouts are March 2nd – 6th 3:00pm – 5:30pm

- Tryouts start at 3:15. Warm Ups start at 3:00
- Be prepared each day for both indoors and outdoors.
- Rain Schedule TBA. Stay Flexible
- JV and Varsity Roster varies between 17 – 25
- Freshman Team...inaugural year.
- Goal is 4 to 5 days of tryouts. Preliminary cuts after 3 days
- The following will be evaluated during Tryouts:

2019 (2018, 2017, 2016, 2015) Tryout Numbers		
Grade	Tried Out	Rostered
9	21 (17, 20, 22, 23)	11 (12, 13, 6, 6)
10	17 (19, 13, 18, 21)	13 (15, 10, 11, 13)
11	15 (9, 14, 19, 13)	14 (7, 12, 15, 11)
12	6 (12, 16, 11, 12)	5 (12, 15, 9, 12)

Throwing Mechanics and Velocity	Positional Needs
Defensive Fundamentals	Team Needs
Swing / Bat Speed / Exit Velocity	Potential
Running Speed	Baseball IQ
Attitude / Work Ethic	Coachability

Player Expectations

- Be present and on time each day for school and practice.
- Must be in school for ½ day. (10:30am; 2 Full Blocks) to be eligible.
- Be a STUDENT athlete. Be respectful and alert. Participate. Own your mistakes. Accept the consequences.
- Exercise the “Grandma Rule” for Snapchat, Instagram, Twitter, etc. Lock it down.
- Think before you act and consider your company. Guilty and Guilty by association are difficult to separate.
- Attend every practice, game, meeting, community event.
- Be a part of something bigger than yourself. Celebrate your team and teammates success. Mudita.

- Practice starts at 3:15 Monday Through Friday. Warmups start at 3:00. Saturday AM practices for Varsity and select JV players or are JV optional.
- Be prepared every day. Pack you gear, clothes, uniform, water, snacks, etc. the night before and put by door.
- Field and equipment will be maintained and put away after every practice and game. Plan around it.
- Know your role, understand its importance. You do not have to accept it, but you must work to improve it.

Parent Expectations

- Be a part of the team by getting involved through attending games, fundraising and other committees.
- Positively support the team and your son in good and bad times.
- Have a positive and supportive presence and attitude for the team at games.
- Game time is the players time. Support their focus by remaining clear of dugouts, batting cages, bullpens, etc.
- Umpire criticism can only do more damage than good.
- Support the appropriate communication process: Player → Coach → Player → Parent
- If you feel your questions are not being answered, please contact the AD (jreading@cbsd.org) to schedule a meeting
- Allow your son the responsibility to communication with coaches. Do no reply/communicate for them.
- Avoid scheduling family events, vacations and appoints during practice/game time.

Tentative Schedule

- Future Non-League and Scrimmages TBA

Central Bucks East HS *Events for 3/2/2020 to 5/22/2020*

<u>Day</u>	<u>Date</u>	<u>Sport</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Friday	03/20/20	Boys V Baseball	Abington High School	Home	3:45PM
Friday	03/20/20	Boys JV Baseball	Abington High School	Home	3:45PM
Thursday	03/26/20	Boys V Baseball	* Central Bucks West HS	Away	3:30PM
Thursday	03/26/20	Boys JV Baseball	* Central Bucks West HS	Away	3:30PM
Tuesday	03/31/20	Boys V Baseball	* Central Bucks HS-South	Home	3:30PM
Tuesday	03/31/20	Boys JV Baseball	* Central Bucks HS-South	Home	3:30PM
Thursday	04/02/20	Boys V Baseball	* North Penn High School	Away	3:30PM
Thursday	04/02/20	Boys JV Baseball	* North Penn High School	Away	3:30PM
Monday	04/06/20	Boys V Baseball	Neshaminy High School	Home	3:45PM
Monday	04/06/20	Boys JV Baseball	Neshaminy High School	Home	3:45PM
Tuesday	04/07/20	Boys V Baseball	* Souderton H.S.	Away	3:30PM
Tuesday	04/07/20	Boys JV Baseball	* Souderton H.S.	Away	3:30PM
Tuesday	04/14/20	Boys V Baseball	* Quakertown High School	Home	3:30PM
Tuesday	04/14/20	Boys JV Baseball	* Quakertown High School	Home	3:30PM
Thursday	04/16/20	Boys V Baseball	* Pennridge H.S.	Away	3:30PM
Thursday	04/16/20	Boys JV Baseball	* Pennridge H.S.	Away	3:30PM
Wednesday	04/22/20	Boys V Baseball	* Central Bucks West HS	Home	3:30PM
Wednesday	04/22/20	Boys JV Baseball	* Central Bucks West HS	Home	3:30PM
Friday	04/24/20	Boys V Baseball	* Central Bucks HS-South	Away	3:30PM
Friday	04/24/20	Boys JV Baseball	* Central Bucks HS-South	Away	3:30PM
Tuesday	04/28/20	Boys V Baseball	* North Penn High School	Home	3:30PM
Tuesday	04/28/20	Boys JV Baseball	* North Penn High School	Home	3:30PM
Thursday	04/30/20	Boys V Baseball	* Souderton H.S.	Home	3:30PM
Thursday	04/30/20	Boys JV Baseball	* Souderton H.S.	Home	3:30PM
Tuesday	05/05/20	Boys V Baseball	* Quakertown High School	Away	3:30PM
Tuesday	05/05/20	Boys JV Baseball	* Quakertown High School	Away	3:30PM
Thursday	05/07/20	Boys V Baseball	* Pennridge H.S.	Home	3:30PM
Thursday	05/07/20	Boys JV Baseball	* Pennridge H.S.	Home	3:30PM

Baseball by the Numbers:

CB East 2019 Tryout Data

30 Yard Dash: Top 10:

3.79 – 3.96

60 Yard Dash: Top 10:

6.52 – 7.08

Infielder Velocity: Top 10: (2018 Fall Data)

84 – 73mph

Outfielder Velocity: Top 10: (2018 Fall Data)

75 – 69mph

Catcher Pop Times: (2018 Fall Data)

2.09-2.3 (73 – 68mph)

Exit Velocity: High: Top 10:

104.2 – 90.7

Average Exit Velocity: Top 10:

90.5 – 78.3

College Baseball

Division 1

Pitchers	Catchers	Middle Infield	Corner Infield	Outfield
≥1 K/IP ERA below 2.50 Velocity: 84 - 95	6'1, 200 lbs. Pop Time: ≤ 1.95	6'1, 190 lbs. 60 yard ≤ 6.8 Velocity from IF ≥ 85	6'2, 200 lbs. Power: 8+HR, 30+ RBI	6'1, 190 lbs. 60 yard ≤ 6.6 Velocity from OF ≥ 87

11.7 Total Scholarships. Average roster of around 30 (limit is 35). Limit of 27 players on scholarship.
Lots of ACADEMIC money available.

Division 2

Pitchers	Catchers	Middle Infield	Corner Infield	Outfield
1 K/IP ERA < 3.00 Velocity: ≥ 82	6'0, 180 lbs. Pop Time: ≤ 2.0	6'0, 180 lbs. 6.9 60 yard IF Velocity 80 - 84	6'0, 180 lbs. Power: 4+HR, 20+ RBI	5'11, 180 lbs. 60 yard ≤ 6.8 OF Velocity – 82 -86

9 total baseball scholarships. Lots of ACADEMIC money available.

Division 3

Pitchers	Catchers	Middle Infield	Corner Infield	Outfield
≤ 1K/IP ERA < 4.00 Velocity: ≥80	5'10, 170 lbs. Pop Time: ≤ 2.1	5'10, 170 lbs. ≤ 7.1 60 yard Velocity from IF ≥77	5'11, 170 lbs. Power: 2+HR, 20+ RBI	5'10, 170 lbs. ≤7.0 60 yard OF Velocity ≥78

No athletic scholarships given. Lots of ACADEMIC money available.

High School Baseball

60 YARD DASH

ELITE	6.89 <
GOOD	6.90 - 7.15
AVERAGE	7.16 - 7.45

INFIELD VELOCITY

ELITE	85 +
GOOD	80 - 84
AVERAGE	74 - 79

OUTFIELD VELOCITY

ELITE	87 +
GOOD	81 - 86
AVERAGE	75 - 80

CATCHER POP TIME

ELITE	2.0 <
GOOD	2.01 - 2.15
AVERAGE	2.16 - 2.30

BALL EXIT VELOCITY

10-25°

ELITE	88.0 +
GOOD	83.0 - 87.9
AVERAGE	75.0 - 82.9

HOME TO 1ST - RHH

ELITE	4.55 <
GOOD	4.56 - 4.75
AVERAGE	4.76 - 4.99

HOME TO 1ST - LHH

ELITE	4.40 <
GOOD	4.41 - 4.61
AVERAGE	4.62 - 4.84

See next two page for best ways to improve YOUR numbers.

CB EAST Baseball Strength Program

Mondays and Wednesdays – 6:00 – 7:30 in the CB East Weight Room

Starts 11/4

Ends 2/26

Costs: FREE

Phase 1 Details below:

Early Preseason - November 15 - December 13 (4 weeks), Tuesdays and Thursdays

Emphasis on building Foundational Strength, Muscular Endurance, and Size

How this phase is approached will depend on whether a player is new to weight training or is coming off a season of weights. Building foundation strength means utilizing all the major muscle groups of the body. Less experienced weight trainers will need to start with lighter weights and work up to heavier weights.

12-15 Repetitions per set

3-4 sets

Rest 60s - 2min between sets

Exercises (will vary from session to session)

Squats - Front, Back, barbell, dumbbell, single leg lunges

Bench Press - barbell, dumbbell

Romanian Deadlift - barbell, dumbbell, KB

Hammer Bicep Curls

Triceps - machine push downs, lying extensions, "skull crushers"

Upper Back - seated row, Bent Over Row (barbell), Pull Ups, Lat Pull downs

Core - sit ups, leg raises, planks

Rotator Cuff

External Rotations

Internal Rotations

Extension

Abduction

Points to Note

- By trial and error, find a weight that represents a taxing lift for the last few reps of each set. If you're unsure, start with a light weight and increase it as you get stronger within the training period so that the perceived effort remains similar.
- Don't lift too heavy in this phase. The last few reps in a set should be taxing yet without extreme effort to "failure", especially for the arm and shoulder exercises. You want the arm and shoulder prepared for work but not overtaxed. The rotator cuff strengthening exercises are deliberately lighter.
- Shoulder joint protection is important at this and subsequent stages. This message will be repeated throughout this program.
- Circuit training and plyometrics such as bounds and jumps may be added to this gym program as well, resources and time permitting.

Questions regarding this training program can be directed to Coach Mike: michael@centralbuckscrossfit.com

- CrossFit Level 2 Certified Coach

- Certified CrossFit Kids Coach

- USAW Level 1 Sports Performance Coach

- CrossFit Nutrition Certified

- CrossFit Olympic Lifting Certified

- Certified Nutrition Specialist

CB East Baseball Optional Winter Training

PA Sports Ranch Chalfont - 31 Oak Avenue Chalfont, PA 18914

Near intersection of Butler Avenue and Limekiln Pike, 3.5 miles south of Del Val University

Session 1 – Tuesdays 3:30 – 5:30 – Starting January 7th / Ending February 25th (8 sessions)

Session 2 – Thursday 3:30 – 5:30 – Starting January 9th / Ending February 27th (8 sessions)

Offensive Skills All Coaches	Defensive Skills All Coaches	Pitching Coach Squid
Focus of all sessions will be on development of fundamental skills.		
Overall swing evaluation Video/Rapsodo Analysis Blast Motion Analysis Mental Training Live ABs (Mid-Late Feb)	Video Analysis Footwork Throwing Mechanics Arm Care / Throwing program Mental Training	Mechanical Analysis Arm Care Pre and Post Throwing Preparation Throwing Program Bullpens starting in February Live ABs (Mid-Late Feb)

Each session will be capped at 40 athletes. Players can sign up for 1 or 2 both sessions.

Costs:

Session 1: \$132

Session 2: \$132

Both Sessions: \$264

Prices are set by PSR to cover cost of facility rental.

The CB East Coaching staff does not get paid for their time attending these sessions.

Registration: Registration and payment will take place directly on the BCBA Website:

<https://www.pasportsranch.com/cb-east-workouts>

First come, first served. Registration is open.

IMPORTANT NOTE:

Please know that these workouts completely optional. We have cut players that have attended these workouts, as well as kept players who chose not to attend these workouts. These workouts are simply an opportunity for players to improve in the skills they will be evaluated on prior to March Tryouts. No family should go through a hardship of time or finances to attend these workouts.