



# 2021 CB East Baseball Informational Meeting



Kyle Dennis – Head Coach ([kdennis@cbsd.org](mailto:kdennis@cbsd.org))

Pat Devlin – Pitching Coach

Tim Ravel – Assistant Coach

Kurt Wachowski – JV Head Coach ([kwachowski@cbsd.org](mailto:kwachowski@cbsd.org))

Chris Trunk – Freshman Coach ([ctrunk@cbsd.org](mailto:ctrunk@cbsd.org))

## How to Stay Informed:

Team Website – [cbsd.org/cbebaseball](http://cbsd.org/cbebaseball)

District Athletics Website - <https://cbeathletics.com/>

Twitter - @cbebaseball

Instagram - @cbeastbaseball

Sign Up for Text Message / Email Updates via Remind 

2021 Graduates – Visit [rmd.at/cbeast2021](http://rmd.at/cbeast2021) or for text only @cbeast2021 to 81010

2022 Graduates – Visit [rmd.at/cbeast2022](http://rmd.at/cbeast2022) or for text only @cbeast2022 to 81010

2023 Graduates – Visit [rmd.at/cbeast2023](http://rmd.at/cbeast2023) or for text only @cbeast2023 to 81010

2024 Graduates – Visit [rmd.at/cbeast2024](http://rmd.at/cbeast2024) or for text only @cbeast2023 to 81010

## Pre-Tryouts

- Mandatory Player Survey for all players – <http://tinyurl.com/CBEBaseball2021>
- Parents must register athlete on FamilyID.com
- Mandatory Concussion Seminar – details on page 5 and 6
  - 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 8<sup>th</sup> – 6<sup>th</sup> 3:00 PM – 5:30 PM

- Tryouts start at 3:15 PM. Warmups start at 3:00 PM.
- 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:

2020 Roster Information (No Freshman team)		
Grade	Varsity (25)	JV (19)
9	0	8
10	4	7
11	5	4
12	16	0

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 the teammate you want to play with.
- Be present and on time each day for school and practice.
- Complete District COVID survey by NOON each day of game/practice. Will be sent at 8:30 AM via Remind.
- Must be in school for ½ day. (10:30 AM; 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.
- Practice starts at 3:15 PM Monday Through Friday. Warmups start at 3:00 PM. Saturday AM practices for Varsity and select JV/Freshman players or are JV optional. This will be announced during the week.
- Be prepared every day. Pack you gear, clothes, uniform, water, snacks, spikes, turfs, extra layers, etc. the night before and put by door with your school bag.
- 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.

# BCB East Baseball by the Numbers:

## CB East 2020 Tryout Data

### 30 Yard Dash: Top 10: (All Players Ran)

3.78 – 4.12

### 60 Yard Dash: Top 5: (Only OF Ran)

6.78 – 7.48

### Infielder Velocity: Top 10:

91 – 77 mph

### Outfielder Velocity: Top 10:

85 – 75 mph

### Catcher Pop Times:

2.09 - 2.17

### Exit Velocity: High - Top 10:

104.2 – 88 mph

### Average Exit Velocity - Top 10:

102.5 – 86 mph

## 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 1<sup>ST</sup> - RHH

ELITE	4.55 <
GOOD	4.56 - 4.75
AVERAGE	4.76 - 4.99

### HOME TO 1<sup>ST</sup> - LHH

ELITE	4.40 <
GOOD	4.41 - 4.61
AVERAGE	4.62 - 4.84

## Parent Expectations

- Allow your son the responsibility of communication with coaches. Do not reply or communicate for them.
- 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 player's 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](mailto:jreading@cbsd.org)) to schedule a meeting
- Avoid scheduling family events, vacations, and appointments during practice/game time. Players should communicate with coaching staff about any conflicts in advance.

## Varsity and JV Schedule

	Date & Time	Opponent(s)	Facility
★ (H)	03/18/21 3:45 PM	vs Hazleton Area HS	
★ (A)	03/23/21 3:45 PM	vs Downingtown West	
🏠 (H)	03/26/21 3:45 PM	vs Abington Sr. HS	
🏠 (H)	03/30/21 3:45 PM	vs Wissahickon Senior HS	
🚌 (A)	04/07/21 6:15 PM	vs Pennridge HS	James Memorial Park
🏠 (H)	04/09/21 3:30 PM	vs Souderton Area HS	
🏠 (H)	04/12/21 3:30 PM	vs Central Bucks South HS	
🚌 (A)	04/14/21 3:45 PM	vs Central Bucks West HS	
🚌 (A)	04/16/21 3:30 PM	vs North Penn HS (Lansdale)	
🏠 (H)	04/20/21 3:30 PM	vs Council Rock South	
🏠 (H)	04/22/21 3:30 PM	vs Bensalem Township HS	
🚌 (A)	04/23/21 3:45 PM	vs Springfield Twp. MS	
🚌 (A)	04/26/21 3:30 PM	vs Council Rock North	
🚌 (A)	04/28/21 3:45 PM	vs Harry S Truman HS	
🏠 (H)	04/30/21 3:30 PM	vs Pennsbury HS East	
🚌 (A)	05/04/21 3:30 PM	vs Neshaminy HS	
🏠 (H)	05/06/21 3:30 PM	vs Pennridge HS	
🚌 (A)	05/07/21 3:45 PM	vs Downingtown West	
🚌 (A)	05/10/21 3:45 PM	vs Souderton Area HS	
🚌 (A)	05/12/21 3:30 PM	vs Central Bucks South HS	
🏠 (H)	05/14/21 3:30 PM	vs Central Bucks West HS	
🏠 (H)	05/18/21 3:30 PM	vs North Penn HS (Lansdale)	

# Freshman Schedule

	<u>Day</u>	<u>Date</u>	<u>Sport</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
S	Tuesday	04/06/21	Boys FR Baseball	William Tennent High School	Away	3:30PM
	<b>Thursday</b>	<b>04/08/21</b>	<b>Boys FR Baseball</b>	<b>Central Bucks South HS</b>	<b>Home</b>	<b>3:30PM</b>
	<b>Tuesday</b>	<b>04/13/21</b>	<b>Boys FR Baseball</b>	<b>Pennsbury HS East</b>	<b>Home</b>	<b>3:30PM</b>
	Wednesday	04/14/21	Boys FR Baseball	Council Rock South	Away	3:30PM
	<b>Thursday</b>	<b>04/15/21</b>	<b>Boys FR Baseball</b>	<b>Central Bucks West HS</b>	<b>Home</b>	<b>3:30PM</b>
	Monday	04/19/21	Boys FR Baseball	Neshaminy HS	Away	3:30PM
	Wednesday	04/21/21	Boys FR Baseball	Abington Sr. High School	Away	3:30PM
	<b>Friday</b>	<b>04/23/21</b>	<b>Boys FR Baseball</b>	<b>Council Rock South</b>	<b>Home</b>	<b>3:30PM</b>
	<b>Tuesday</b>	<b>04/27/21</b>	<b>Boys FR Baseball</b>	<b>Plymouth Whitemarsh Sr HS</b>	<b>Home</b>	<b>3:30PM</b>
	Thursday	04/29/21	Boys FR Baseball	Upper Dublin High School	Away	3:30PM
	<b>Monday</b>	<b>05/03/21</b>	<b>Boys FR Baseball</b>	<b>Quakertown HS</b>	<b>Home</b>	<b>3:30PM</b>
	<b>Wednesday</b>	<b>05/05/21</b>	<b>Boys FR Baseball</b>	<b>William Tennent High School</b>	<b>Home</b>	<b>3:30PM</b>
	Tuesday	05/11/21	Boys FR Baseball	Central Bucks South HS	Away	3:30PM
	Thursday	05/13/21	Boys FR Baseball	Pennsbury HS East	Away	3:30PM
	Monday	05/17/21	Boys FR Baseball	Central Bucks West HS	Away	3:30PM
	<b>Wednesday</b>	<b>05/19/21</b>	<b>Boys FR Baseball</b>	<b>Neshaminy HS</b>	<b>Home</b>	<b>3:30PM</b>

## **Concussion Seminar and IMPACT testing:**

Dear CBE Spring Sports Parents:

Welcome to another athletic season of CB East sports, I look forward to working with your children this spring and helping them attain their goals for the season. This Email is very important so please make sure that you share this with your child. This pertains to the mandatory concussion seminar and impact test for your children, **they must do both themselves, this is to establish normal for them.**

Attached to this email you will find the instructions for your son/daughter to complete the concussion seminar at CB East high school. **Please have the student follow the instructions and complete these on their computer, they must be completed in order for them to try out for their sport in the upcoming season, so they must be completed before March 8, 2021.**

Thank you for your help, if you have any questions please contact me via email

Dwight Stansbury, MS, ATC,L  
Certified Athletic Trainer  
Central Bucks East High School  
ATI Physical Therapy  
Phone: Training Room; 267-893-2339, Cell 609-744-6221  
Email: [dstansbury@cbsd.org](mailto:dstansbury@cbsd.org)

**Directions on following page...**

Dear Student athletes,

Due to the restrictions in place for inside gatherings CBSD has opted to move our seasonal Concussion Education and Baseline Impact Testing to a virtual model. Please follow the directions below to complete both **part 1 (concussion education) and 2 (Impact testing)**

### **Directions to the Online CCET Concussion Training Module (part 1):**

1. Click on link: <https://forms.gle/nxzBo7Pndf1hmd5K8> to open the online learning module for Concussion Education.
2. Fill out your FIRST and LAST name, GRADE, SPORT, and EMAIL. Then click "Next" to advance to the next section.
3. The next section is the PRESENTATION. There are 4 total modules. After each module you will answer a few questions about that module. There is a total of 12 questions.
4. Each section of this presentation takes approximately 7-10 minutes.
5. When the presentation for each section is completed you will need to answer the MULTIPLE CHOICE OR TRUE/FALSE questions in each section.
6. When you have completed the presentation and all the questions you will have completed the education portion for school.
7. Your Athletic Trainer will be able to see who has completed this presentation and the score you receive on the questions.
8. This will fulfill Part 1 of 2 parts for the mandatory Concussion Education for the 2020-2021 school year. Part 2 is the required IMPACT Testing.

### **Directions to complete the Impact Test Requirements (part 2):**

In order to have the most accurate baseline score for this coming school year we will need to ensure that all students have an environment in the home that is free from distraction. In an effort to create an environment similar to the one provided in a school setting we are asking that the below steps are taken during the duration of the test (approx. 30 minutes).

- Cell phones/Tablets are left in another room or are powered down.
- Test is taken in a room with no TV or Radio on.
- Test is taken independently or alone and free from distraction of other household members.

1. Complete the Online CCET Concussion Training Module through the BCCET
2. Click on link below. (Please use Google Chrome and ensure the pop-up blocker is disabled.)  
[Impacttestonline.com/schools](http://Impacttestonline.com/schools)
3. Enter Code: **R2ZWE767UH**
4. Click Validate
5. Select **Central Bucks East** in the drop down box. (**Do not choose your middle school**)
6. Click launch test
7. Enter your Full first and last name. No nicknames or shortened versions.
8. Please fill out **ALL** additional demographic information.
  - a. Please fill out all sports you participate in during the school year
9. Once completed, you can simply exit out of the program or email me the results, see email above.

If you have any questions or concerns about this process please feel free to reach out to our ATC **(Dwight Stansbury, email: [dwight.stansbury@atipt.com](mailto:dwight.stansbury@atipt.com))** and/or the Athletic Office for guidance.