



2022 CB East Baseball Informational Meeting



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

Pat Devlin – Pitching Coach

Kurt Wachowski – JV Head Coach (kwachowski@cbsd.org)

Freshman Coach is in hiring process

How to Stay Informed:

Team Website – <https://www.cbsd.org/cbebaseball>

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

Twitter - [@cbebaseball](https://twitter.com/cbebaseball)

Instagram - [@cbeastbaseball](https://www.instagram.com/cbeastbaseball)

Sign Up for Text Message / Email Updates via Remind

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

2024 Graduates – Visit rmd.at/cbeast2024 or for text only @cbeast2024 to 81010

2025 Graduates – Visit rmd.at/cbeast2025 or for text only @cbeast2025 to 81010

Pre-Tryouts

- Mandatory Player Survey for all players – <https://tinyurl.com/CBEBaseball2022>
- Parents must register athlete on FamilyID.com (Closer to spring)
- Mandatory Concussion Seminar – More info as spring approaches
 - 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 7th – 12th 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/Turf schedule TBA. Stay flexible
- JV and Varsity Roster varies between 17 – 25
- Freshman Team... Second Season...13 rostered last season
- Goal is 4 to 5 days of tryouts. Preliminary cuts after 3 days
- The following will be evaluated during tryouts:

2021 Roster Information			
Grade	Varsity (21)	JV (17)	9 th (13)
9	2 (3)	1 (0)	13
10	3	10	0
11	6	7	0
12	9	0	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.
- 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.
- Monday through Friday warmups start by 3:00 PM. Practice goes until 5:30. 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.



CB East Baseball Off-Season Plans



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Training		Lifting	Yoga	Training	Lifting	
1/9 – 3/6	Off	Ongoing	Ongoing	1/6 – 3/3	Ongoing	Off
10:00 – 12:00 BCBA Chalfont Facility	Suggestions: Extra Stretching, Arm care	2:45 – 4:00 CB East Weight room	3:30 – 4:30 CB East Cafeteria	3:15 – 5:15 BCBA Chalfont Facility	2:45 – 4:00 CB East Weight room	Suggestions: Extra Stretching, Arm care
Facility Rental Cost \$160		Free	Free <small>Yoga Mat Provided or BYO</small>	Facility Rental Cost \$160	Free	

All off season workouts are optional. A player's attendance or lack of attendance will not impact their team placement in the spring. Our goal is to offer affordable opportunities for players to improve in the off season. Players need to do what is best for them and their families to prepare for the upcoming season.

Due to gym constraints in the winter, we are not able to offer "open gyms" with any frequency prior to the season. If we anticipate a nice day on a Monday, Saturday, or Tuesday/Thursday after lifting we may try to get on turf for some light throwing and fielding work.

Lifting and Yoga: No registration necessary, come as you please.

If you are currently training with a private strength coach, talk with our coaching staff about implementing your program at our lifts.

Training at BCBA Chalfont Facility – 31 Oak Avenue Chalfont, PA 18914

Prior Registration and Payment Required

Registration Site Links scheduled to send via Remind at 7pm on 11/22.

[Bucks County Baseball Academy - Home of The GENERALS \(mindbodyonline.com\)](http://mindbodyonline.com)

3 Options: Sunday only, Thursday only or Sunday AND Thursday

Cost: \$160 single day, \$320 both days

Limited to 30 players per day.

All funds go directly to BCBA to cover rental costs.



Any player suffering a financial hardship who would like to participate in workouts at BCBA should contact Coach Dennis (kdennis@cbsd.org)



CB East Baseball by the Numbers:

CB East Tryout Data

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

3.66 – 4.00

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

7.02 – 7.29

Infielder Velocity: Top 10: (2020 Data)

91 – 77 mph

Outfielder Velocity: Top 10: (2020 Data)

85 – 75 mph

Catcher Pop Times: (2020 Data)

2.09 - 2.17

Exit Velocity: High - Top 10: (2020 Data)

104.2 – 88 mph

Average Exit Velocity - Top 10: (2020 Data)

102.5 – 86 mph

College Baseball by the Numbers

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.

General High School Numbers

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

Parent Expectations

- Allow your son the responsibility of communication with coaches. Please 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 questions are not being answered, please contact the AD (rkelly@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 Schedule

Schedule Details: (Turf)

- 2 Scrimmages (Perkionmen Valley and Hatboro-Horsham)
- 16 Games count for district seeding (Colonial Division twice; Patriots Division once)
 - *Colonial*: CB East, CB South, CB West, North Penn, Pennridge, Souderton
 - *Patriot*: Bensalem, CR North, CR South, Truman, Neshaminy, Pennsbury
- 4 Non League Games (Spring Ford, Penn Charter, Holy Ghost, Haverford)(to be added)
- JV Schedule will differ slightly on some game locations and times. Will be sent closer to season.
- Freshman Schedule TBA

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
S Thursday	Mar. 17	@ Perkiomen Valley	Perkiomen Valley	4:00PM
S Monday	Mar. 21	Hatboro-Horsham Senior High School	Central Bucks East HS	3:45PM
Friday	Mar. 25	@ Spring-Ford	Spring-Ford	4:00PM
Friday	Apr. 01	* Pennridge High School	Central Bucks East HS	3:45PM
Saturday	Apr. 02	@ William Penn Charter School	William Penn Charter School	11:00AM
Tuesday	Apr. 05	* @ Souderton Area High School	Souderton Area High School	3:30PM
Thursday	Apr. 07	* @ Central Bucks South HS	Central Bucks South HS	3:30PM
Monday	Apr. 11	* @ Central Bucks West HS	Central Bucks West HS	3:45PM
Wednesday	Apr. 13	* North Penn HS (Lansdale)	Central Bucks East HS	3:45PM
Thursday	Apr. 14	@ Holy Ghost Preparatory School	Holy Ghost Preparatory School	3:45PM
Monday	Apr. 18	* @ Council Rock South	Council Rock South	3:30PM
Wednesday	Apr. 20	* @ Bensalem Township High School	Bensalem Township High School	3:30PM
Monday	Apr. 25	* Council Rock North	Central Bucks East HS	3:45PM
Tuesday	Apr. 26	* Harry S Truman HS	Central Bucks East HS	3:45PM
Thursday	Apr. 28	* @ Pennsbury HS East	Pennsbury HS East	3:30PM
Monday	May. 02	* Neshaminy HS	Central Bucks East HS	3:45PM
Wednesday	May. 04	* @ Pennridge High School	Pennridge High School	3:30PM
Friday	May. 06	* Souderton Area High School	Central Bucks East HS	3:45PM
Tuesday	May. 10	* Central Bucks South HS	Central Bucks East HS	3:45PM
Thursday	May. 12	* Central Bucks West HS	Hanusey Park	6:30PM
Tuesday	May. 17	* @ North Penn HS (Lansdale)	North Penn HS (Lansdale)	3:30PM