

Players and Parents,

Thank you for your patience. There have been several things going on in the background that have delayed my communication. Please share this document with any new or incoming players so that they can be informed of what is happening and what is coming up.

Off Season

- There will be **no fall workouts** this season. We wish our players a great fall with their respective teams and look forward to getting into the weight room this off-season.
- Please see below for **two upcoming meetings**. We are splitting this up to keep our numbers down and allow full access to the weight room for the second half of the meeting. Please dress for the weight room.

Juniors and Seniors	10/20	4pm – 5pm in LGI (near main lobby)	5pm – 6pm in Weight Room
Freshman and Sophomores	10/27	4pm – 5pm in LGI (near main lobby)	5pm – 6pm in Weight Room

- A **player / parent meeting** will be held in November to review Winter Workout plans. Date TBD
- **Off-season lifting** will be held Monday's (4:00 – 5:30) and Friday's (3:00 – 4:30) starting November 1st through the end of February in the CB East Weight Room.
 - More details will be shared at upcoming information meeting on 10/20 and 10/27.

I am currently working to identify a yoga instructor available on Wednesdays.

If you know someone, please let me know.

Team Updates

- We have received a new pitching machine for the Varsity program.
 - JV and Freshman will share the old pitching machine, with a replacement coming soon.
- Varsity and JV Jerseys have been replaced. (Freshman jerseys will be replaced in another two years)

Staffing

- Coach Trunk has accepted a teaching job in Springfield Township. We will be hiring a freshman coach soon.
- Coach Squid will be returning as the pitching coach.
- Coach Wachowski is going to run our off-season weightlifting program in addition to being our JV coach.
- Mr. Kelly (rkelly@cbsd.org) has taken over duties as athletic director at CB East.

Signing Up for Updates

Below are directions on how to sign up for text and/or email updates. There are no changes from last year. If you are getting messages from me, you do not have to do anything. *Please share with anyone you know who may need this information.*

Graduation Year	Website:
2022	http://rmd.at/cbeast2022
2023	http://rmd.at/cbeast2023
2024	http://rmd.at/cbeast2024
2025	http://rmd.at/cbeast2025

Contact me with any questions,

Coach Dennis

kdennis@cbsd.org