

CBC Baseball

Understanding the Process



Mission Statement

The mission of the cadet baseball program will be faithful to the gospel of Jesus Christ and the charism of St. John Baptist de la Salle.

We will strive for excellence in:

- *LEADERSHIP*
- *CHARACTER*
- *INTEGRITY*
- *SPORTSMANSHIP*
- *TEAMWORK*
- *SKILL DEVELOPMENT*

Our faith-filled and caring coaching staff will provide the proper learning environment for our student-athletes to grow as a person and as a ball player.



Important Dates

Nov. 11 – Feb 21	Strength Training Sessions M/T/TH/F
Nov. 17 – Nov. 24	TEAM STORE OPEN/CLOSE
Jan. 12 - Feb 23	Winter Practice – Sunday's
Jan. 18 th	BINGO NIGHT Fundraiser @CBC
Feb. 24 – Mar 2	MSHSAA Dead Week-No practices MSHSAA Physical Forms DUE (Nurse)
Mar. 3 rd	Regular Season Begins – Tryouts
March 8th	Program Team Meetings-TBA
March 10 th	Paper Work DUE: Player/Parent Form

Mr. Brown OFF THE FIELD

Fundraiser BINGO NIGHT

Chris and Shannon Wright

GOAL AS A TEAM

65721

Coaching Staff 2025

- Varsity HC – Mr. Mason Horne
Infield Coordinator
- Varsity Asst. – Mr. Scott Brown
Pitching Coordinator/Var. Pitching Coach
- Varsity Asst. – Mr. Kevin Sullivan
Outfield Coordinator
- Varsity Asst. – Mr. Ryan Raterman
Offensive Coordinator/Baserunning
- Soph. HC – Mr. Bryan Rausch
- Freshmen HC – Mr. Mike Siemers

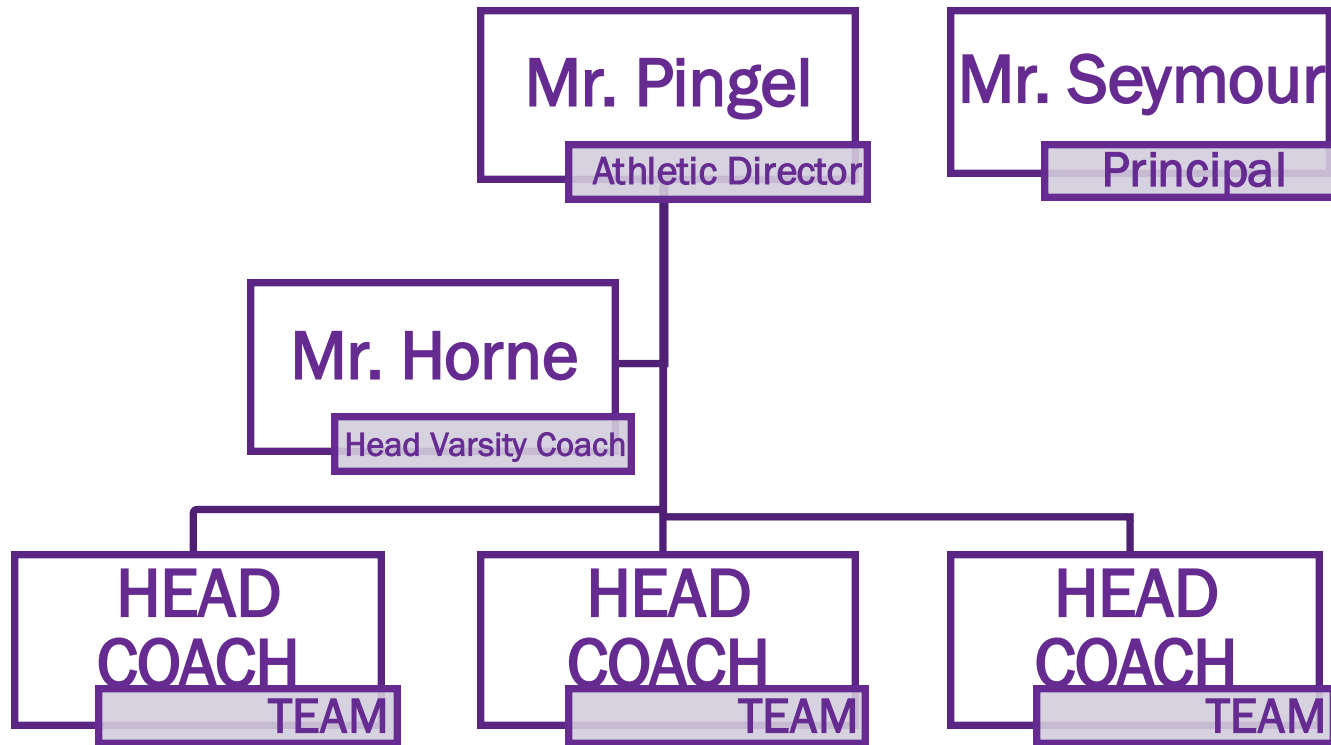


Organizational Structure

- Varsity – St. Louis
- Sophomore – Memphis
- Freshmen – “Gold” – Springfield



Communication Structure



Slow Roast



WARNING!!!

***Please note: You must have an updated physical with the nurse before MAR. 3rd . (any questions ask the nurse)

***Please make the coaching staff aware of any injuries prior to the tryout – this is for your own safety!



Tryout Information



When

- Monday, Mar. 3rd – ??
 - Wednesday, March 5th = First Cuts
- Freshman: “Cadet Time” 6:15 AM – 8:15 AM – GYM
- Sophomore: 3:20 – 6:00 pm
- Varsity: 3:20 – 6:00 pm

- ***All times and locations subject to change due to weather



What to wear

- Baseball attire is expected
- Dress for the elements – indoor / outdoor
- Baseball pants
- Hat
- Tennis shoes / turfs / spikes

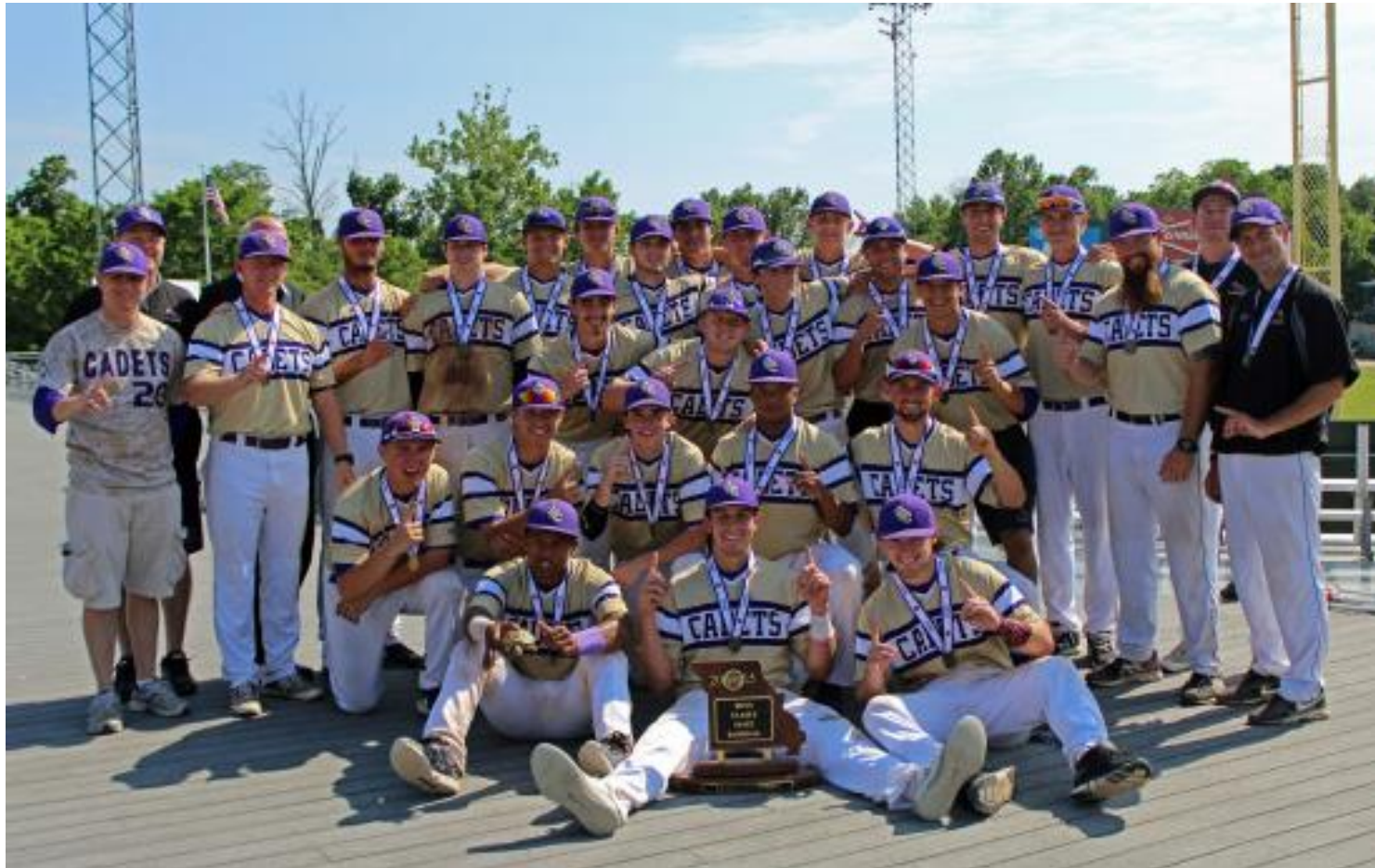


What to bring

- A regulation bat (-3), glove, tennis shoes & spikes
- own gear
- Food
- Attitude



What we are looking for



CHAMPIONS

PEOPLE OF FAITH

Player and family on/off the field

BOY SCOUTS=Respectful

On/off the field

DIRT BAGS=Controlled Intensity

On/off the field

GRINDERS=Resilient

On/off the field



How many per team

- Approx. Number of players per team:
WE DON'T KNOW EXACTLY
- THIS WILL BE FLUID



What are we looking for

- 5 MAIN (SKILL SETS) TOOLS: PHYSICAL
 - 1. *ARM STRENGTH*
 - 2. *RUNNING SPEED*
 - 3. *HITTING*
 - 4. *HIT FOR POWER*
 - 5. *FIELDING*

“THE 6TH TOOL”: WHO ARE YOU?



Players will be evaluated in the following “SKILL” areas:

- Running
- Defense
- Offense
- Pitching



Running

- 5-10-5 (I test)
- Home to 1B
- 1B to 2B (steal)
- HM to 2B

Defense

- Catcher pop times, game situations
- Infielders: “Showcase”, IF pop, 1st Step reaction
- Outfielders: Throws from RF to 3B
- Position Players throws evaluated on velocity and accuracy

Offense

- Situational Hitting Tracking
- HHB’s Tracking

Pitching

- Pitchers: Pitchers can expect to throw (2) 15 pitch sets on the mound. 1st set will evaluate velocity, evaluate pitchability. 2nd set facing hitters IF NEEDED.
- Pitchers can expect to (1) 15 pitch set on the mound to stand-in hitters **IF NECESSARY



What else factors in

- Evaluation is based on your performance for the week. If you are a returning player your performance at CBC, in the past will be taken into consideration. We do not just look at results, we will also look at movements and try and determine what type of potential is still untapped.
- Academic performance, classroom behavior, discipline record could also factor into decisions.



Season – Practice Expectations

- Attendance: Mandatory (excused?-coaching staff discretion)
- “Cadet Time” = start time
- Practice times: typical – Mon-Sat
 - *StL (V/JV) – 3:20 pm – 6 pm*
 - *Mem (SO) – 3:20 pm – 6 pm*
 - *Spfd/ps (FR) – 3:20 pm – 5:45 pm*

****ALL TIMES SUBJECT TO CHANGE****



Weekends

Games/Practices

- P=2-2:30 HRS / SG=SAME / DH=4-6 HRS?
- StL (V) (JV)
 - *Saturday's* – **YES!**
 - *Sunday's* – **MAYBE?**
- Mem (so) –
 - *Saturday's* – **YES!**
 - *Sunday's* – **MAYBE?**
- Spg/jc (fr) –
 - *Saturday's* – **YES!**
 - *Sunday's* – **MAYBE?**

****IF WEATHER ISSUES – FR – MAY GO SUNDAY****



SPRING BREAK IS FOR BASEBALL!!!

- If you choose to go on spring break
- You cannot play baseball
- For Christian Brothers College HS
- Or any other trips



Uniforms / Cost – Mr. Sullivan

- Mandatory items:
 - *Hat –PURPLE ONLY CBC Book Store*
 - *Practice Shirts (Short & Long)*
 - *Tech Fee - \$10.00*
 - *Payable to: CBC Baseball*
- Optional items:
 - *Hoodies, etc. - Team store*
- Spikes

****must be black, white or grey majority**



Pants / Helmet

- ICON 2.0 Pant
Relaxed - UBP52RM
- ICON 2.0 Pant Taper
- UBP52TM
- ICON Knicker Pant –
UTUBP54KM
- Rawlings Mach
Batting Helmet
(Senior): \$59.99 -
\$189.99
- Color: Matte Purple



CBC Athletic Website

The screenshot displays the CBC Athletics website in a browser window. The page features a large background image of a baseball player in a purple and white uniform crouching on a field. The website header includes the text "CBC ATHLETICS" in a stylized purple font and the Under Armour logo. Below the header is a navigation menu with the following items: HOME, CBC CSN, PHYSICALS, FALL, WINTER, SPRING, PARENT RESOURCES, CAMPS, and SPIRIT STORES. A vertical sidebar on the left contains several menu items: Schedules, Rosters, Coaching Staff, Camps, Mouse Races, and Spirit Store III 5/1. On the right side of the page, there is a "Tweets by @cbchsbasetball" section. The tweets include a retweet from "CBC HS Baseball" and a tweet from "Mason Horne" stating: "Today's open gym is CANCELLED due to poor road conditions rest of today. Pass word!!! Be careful out there!". The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray with the date and time "2:06 PM 12/18/2019".

CBC ATHLETICS



HOME CBC GSN SPORTS MEDICINE FALL WINTER SPRING PARENT RESOURCES CAMPS SPIRIT STORES

Schedules
Rosters
Coaching Staff
Camps
Player Gear Store
Parent Info
Spirit Store

Player Store

Tweets by @cbchsbaserball

CBC HS Baseball
Retweeted

Blake Harris
@BlakeHarrisTBLA

This video needs to be shown in
the #Dodgers clubhouse today



GAMECHANGER

The screenshot shows a web browser window displaying the Gamechanger interface for the Christian Brothers Cadets Varsity team. The browser's address bar shows the URL: `gc.com/l/spring-2020/christian-brothers-cadets-varsity-5dfa880dfc55b4e881f9419a`. The page header includes the Gamechanger logo and navigation links for "Baseball & Softball", "Other Sports", and "Find Teams". The team name "Christian Brothers Cadets Varsity" is prominently displayed, along with the location "St. Louis, MO" and the sport "Prep Baseball". A dropdown menu indicates the current season is "Spring 2020", and the record is shown as "0-0".

The main content area features a navigation bar with tabs for "Team Home", "Schedule", "Opponents", "Roster & Lineup", "Season Stats", and "Community". Below this, there are four primary action buttons: "Add Roster", "Schedule a Game", "Invite Fans", and "Add Coaching Staff".

On the right side, a summary panel provides administrative information: "You're an Admin. Upgrade access for fans". It also displays "FANS" at 123 and "POPULARITY" as "Unranked". A section for communication includes the text "Communicate and share with players, family, and fans." and a "SEND INVITES" button.

At the bottom, a "TEAM NEWS FEED" section shows "No announcements have been posted." with a "NEW ANNOUNCEMENT" button. Below that, the "TEAM ADMINS" list includes "Mason Home (you)", "Kevin Sullivan", "Michael Siemers", and "Adam Jahnsen", with a link to "Team Settings".

The Windows taskbar at the bottom of the screen shows the search bar, task view, and various application icons, with the system clock indicating 2:13 PM on 12/18/2019.

PLAYER STORE

On website

Parent Expectations

- You are our biggest fans!
- Support!
- Be Respectful to our:
 - *Coaches*
 - *Players*
 - *Other Players*
- Be Respectful to:
 - *Our opponents*
 - *Officials*
- We want a relationship with you!
- You are welcome at all practices – we just ask that stay in designated areas



Communication

- Email will be our main source of communication between the coaching staff and the players/parents
- Twitter – updates, last min. Changes
 - @cadetbaseball HORNE
 - @cbchsbaseball SULLIVAN
- GroupME or other form of text chain (in season)



SCHEDULES

- CBC Athletics Website
- GameChanger

- ALWAYS SUBJECT TO CHANGE



Travel (day/overnight trips)

- Varsity - Springfield, MO



Playing Time

- The players that we as a Coaching Staff believe will give us the best chance to be successful, will play
- We will not discuss playing time with parents
- If there is an issue or question about playing time, THE PLAYER needs to discuss (respectfully-at the appropriate time) with his Head Coach – then Coach Horne. If needed



Questions?

