



Anderson Baseball Academy
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The Northeast Longhorns is an emerging AAU baseball program which is affiliated with Anderson Baseball Academy in Holliston, MA. After coaching AAU baseball teams, we have witnessed the pros and cons of other programs. At Anderson Baseball Academy, we've decided to start the Northeast Longhorns to create an AAU program with different goals and agendas than most other AAU programs. Instead of focusing on playing as many games as possible, the Northeast Longhorns will primarily focus on *baseball training* and *skill development*. We will then take that development and apply it by playing an AAU baseball schedule, but not a game schedule that is overwhelming to the players or their families.

When baseball players are playing games they are in *performance mode*. Players can't fully be in preparation or development mode when they are playing 40-50 games with no training/practicing. Preparation and development at the 10-15 year old level is VITAL to the long term success of a baseball player, and by constantly playing and performing in games, many players fail to commit to development.

Having said that, the coaches and instructors at Anderson Baseball Academy understand everyone won't play varsity or college baseball and the experience and entertainment of the games is very important as well. This is why we've developed an AAU baseball program that will play a competitive AAU schedule and also provide a training program that will help players develop and advance to the higher levels. Through our experiences in youth baseball, we have learned that training needs to be exceptional for players to ultimately have success as they continue toward high school.

The off season and in season training with the Northeast Longhorns will not be your typical baseball training. We don't follow the typical baseball mantra of "getting our reps in". The goal of our training is to slightly exceed the demands it will be placed under during a game.

When baseball coaches talk about “getting your reps in” we’re talking about a large quantity of groundballs, swings, throws, etc. that lack focus, intensity, and purpose after a while.

The Northeast Longhorns training will have a focus and purpose in everything that we do starting with our drills, live swings, mound work, and strength and conditioning. There will certainly be a large quantity of repetitions, but our training will be focused and measured every session making it significantly higher in *quality*.

OBJECTIVE MEASUREMENT OF BASEBALL SKILLS

Objective Measurement is one of the most significant parts of our program, and you won’t see any other program in the area measuring and tracking your skills like we do. We will constantly provide feedback to players giving them goals to shoot for each time they step foot in our facility.

We believe in the Bernstein Principle which states

“The body will organize itself based on the ultimate goal of the activity”.

Based on the Bernstein Principle, we believe that giving players defined, measurable goals is step one to getting their body to move more explosively and efficiently at the plate or on the mound. In other words, by practicing with a clear intent and purpose our players will improve the movements and mechanics of their baseball skills without even knowing it (in our opinion).

Using a Stalker Pro II Radar Gun, Swing Speed Radar, Pitching Target, and Stopwatch we will measure these areas:

Pitching Measurements (Using HitTrax):

1. Velocity
2. Control/Command
3. Velocity + Command (Pitching to locations close to max velocity)
4. Movement of all pitchers (Fastballs and Off-Speed Pitches)

Hitting Measurements (HitTrax)

1. Ball Exit Speed (How fast the ball comes off the bat)
2. Batting Average
3. Ability to Hit the Ball to All Fields (Spray Chart)
4. Pitch Selection (Where your hot/cold zones are and where you chase balls out of the zone)
5. Line Drive Percentage

Fielding Measurements

1. Throwing Velocity/Accuracy
2. Pop Time on ground balls

3. Pop Time on double plays
4. Pop Time for catchers

The HitTrax system will keep a record of all of these measurements from the first practice and constantly try to increase these numbers from session to session. This creates built in goals for every activity we perform and gives players the motivation to attack every drill with game-like intensity. We will also post the results for each player from week to week.

HIT TRAX VIDEO ANALYSIS

We will be installing a new Hit Trax video analysis system this coming fall for all of our AAU players. This brand new state of the art video analysis technology from HitTrax will help speed up the learning process for developing efficient movement patterns in hitting and pitching. The HitTrax system allows us to view players' side-by-side with the best professional pitchers and hitters in the game today. We have the ability to synchronize one of the players next to an MLB all star and see the movements that are helping and/or hurting their performance.

The visual feedback helps players and coaches gain an understanding of how the different areas of our body need to move to create more power and control on the mound or in the batter's box.

DRILLWORK & BLENDING

When it comes to drill work, we always focus on utilizing drills that teach movements NOT positions. Hitting, pitching, and throwing are extremely complex movement patterns for young players to perform efficiently with explosiveness and athleticism. When you teach players positions they tend to move like robots and lose their athleticism. Therefore, we've learned and developed dozens of drills that focus on movement segments in the swing and pitching delivery. This helps players understand how each movement segment works.

We typically get players to 'feel' a certain drill(s) and then try to blend the drill(s) into the regular swing, pitch, or throw. We use a concept called blending where our goal is to get the drill to carry over to our game time swing or pitching delivery. The typical pattern for the blending concept is to alternate drill, pitch, drill, pitch, drill, pitch until they start feel a carry over. An example of blending for hitting would be a drill on tee, regular swing on tee, front toss swing, five live swings then back to tee. We always want to go back to the drill to remind our body of the movement we're working on. This takes several rounds to carry over and sometimes several practices. We believe this is the quickest way to get movements to carry over to game time, and that's what practice is all about – preparing for the game. Blending, in addition to the video analysis, helps speed up the learning process like nothing I've ever seen before.

PROPER WARM-UP/ARM CARE

Before we move into our baseball activities, we always wake up the body from our feet to fingertips with our active lower body/core warm up followed by our dynamic full body tubing series. You can't recruit muscles that aren't awake! It is crucial for our performance, as well as, our health/durability to take the first 8-10 minutes to wake up all the muscles and joints. After we wake up the body, we always move into one of our agility workouts which emphasize the ability to change directions quickly from multiple angles with a number of different movements. The agility segment of the warm-up teaches players to move more explosively and athletically with their hips, trunk, and core. Baseball players need to be able to take their momentum in one direction and redirect back the other way as quickly as possible as a pitcher, hitter, and fielder. The dynamic tubing exercises are the most significant component for preparing our arm and upper body for the stress of throwing a baseball.

2013-2014 Schedule

Fall Schedule (August 17th-October 31st)

Here's what to expect in the fall:

The fall is a time for players to recover from their spring/summer season. By that, I mean they need time away from baseball games (particularly throwing). This is the time of year to get into performance training to strengthen all of the imbalances/damage they've done during their season from the same repetitive movement patterns. Without proper recovery time, your son risks getting injured over the long haul. I recommend lessons over practices/games this time of year.

-One Individual Video Analysis Session for hitting and pitching (throwing for non-pitchers)

We'll be having individual video evaluations for hitting and pitching before we start up the group training. This will give player and coach plenty of time to go over their mechanics without effecting there training. After a thorough evaluation, we'll be able to go through future videos in a more efficient fashion than in the past. Time is always our #1 enemy. I'll be asking for a parent to be present for this evaluation, so they can understand what their son needs to be working on. More importantly, I want to show the parent/player if there are any red flags in regards to their pitching delivery that could potentially lead to injuries down the road if we don't fix the issue(s). Some of these issues can be fixed through lessons and skill development, but there are also problems that could arise due to muscle imbalance, asymmetries, poor flexibility, or a lack of stability. I would like to give a recommendation to the parent(s) based on what we see on the video. Many players have been taught inefficient movement patterns from youth coaches and other instructors. There are many "bad teaches" out there in the baseball world and there are a number of inefficient movement patterns being taught to players that can ultimately cause harm to their elbow and shoulder as a result. I believe some players will need private instruction over group training to attack these issues. Other players may have physical constraints, and I may recommend some type of performance training to help them improve those areas.

November 1, 2010 – April 1, 2011

What to expect in the Winter:

-11U-15U Northeast Longhorns Teams will have TWO 1.5 hour small group indoor training sessions every week until the season starts

-10U Northeast Longhorns will have ONE 1.5 hour small group indoor training session per week

From November 1st to the beginning of the spring season each player will have two small group sessions per week in groups of 6-7 players. The small group sessions will allow more

individual attention for progressing players along step by step with their mechanics and mindset. It will also give the coaches more time to take measurements and review video each week with players.

-One weekly session will be dedicated to hitting.

-One weekly session will be focused on Pitching, Throwing, and Catching

Fielding will be mixed in periodically, and we will add more fielding as we get closer to the season

Hitting, Pitching, and Throwing are the most complex movements in baseball to master. We need to focus on power and precision in these movements, which takes a significant amount of time and practice for our body to get used to.

10U Longhorns – One 1.5 hour practices per week

11U, 12U, 13U, 14U Longhorns – Two 1.5 hour sessions per week

15/16U Longhorns – Training schedule will be from December 1st – Mid March (first week of high school tryouts)

17U Longhorns – Training schedule will be from December 1st – Mid March (first week of high school tryouts)

Spring Season (Beginning of April – End of Season)

What to expect in the spring/summer:

-10U Longhorns – One doubleheader each weekend from beginning of April to Mid June, possibly a Memorial Day Tournament. 15-20 game schedule.

-11U Longhorns – One doubleheader each weekend from beginning of April to Mid June, possibly a Memorial Day Tournament. Approximately 20 games.

-12U Longhorns – One doubleheader each weekend from beginning of April to Mid June, possibly a Memorial Day Tournament. Approximately 20 games

-13U/14U Longhorns – Three to four tournaments, One or Two doubleheaders each weekend from beginning of April to the middle of July. Both teams will play approximately 40 games.

-15U, 16U, 17U Longhorns PROSPECT TEAMS– Games will be begin after players have completed their high school season (around Memorial Day Weekend). Most likely 4-5 tournaments and a few doubleheaders mixed in during weekends where the team is not in a tournament.

Practice Schedule During the Season for All Age Groups:

-One indoor hitting practice at Anderson Baseball Academy (1.5 hours)

-One outdoor fielding practice (2 hours)

*****We're looking to reserve more fields for this year for practices, which may allow for multiple outdoor practices each week*****

Practices and HOME GAMES:

13U-17U teams will use Medway High School, Fay School, Holliston Middle School, and Ashland Stone Park for practices and games.

10U, 11U, and 12U will use Ashland Stone Park, Fay School, Hopkinton baseball fields, and Medway fields for practices and home games.

In-Season Practice schedule:

Practices will be held based on the coaches' availability. Everyone would like to have the perfect schedule set up every week, but all of our coaches work other jobs and/or coach high school teams. We will try to make the schedule as consistent as possible, but coaches' work schedule and field availability won't be known until the beginning of each week sometimes. The weather can make things even more unpredictable with fields and schedules. The 10U, 11U, and 12U teams will have two practices per week before they begin their little league season. Most likely one indoor practice and one outdoor practice depending on what the team needs more work on.

The 13U, 14U, and 15U teams will have the indoor facility and the other fields available to them one day a week each. Coaches will work together along with Coach Anderson to figure out the best plan for their teams from week to week. Many players in these age groups could potentially have conflicts with their school teams in the spring.

-**One Indoor Practice:** The indoor practice will allow us to continue our skill work. Indoor sessions will be focused mainly on hitting. Coaches may also work on pitching, pickoff moves, etc.

-**One Outdoor Practice:** The outdoor practice will be beneficial for the fielding and situational work. We want to familiarize ourselves with the actual baseball field as well such as the dirt, grass, and throwing distances.

Players who are playing in town may go to in town games over AAU practice, but an AAU game takes priority over any in town game. Suspensions will be handed out to individuals

who miss AAU games for in town games or games for other sports as well. If you want to play for this program, this needs to be your first athletic priority. Obligations related to family, school, religion, or illness will always be excused. There will be rules and regulations sheet put together for you and your son to sign that will detail the consequences for unexcused absences, poor sportsmanship, lack of hustle, etc. This will help parents and players understand the punishment if various decisions or actions are made during the season.

COST OF THE PROGRAM:

The cost will be finalized depending on how many players are put on each roster. Fewer players = higher tuition, More players = cheaper tuition. We are not the most expensive program, but we're certainly not the cheapest program you'll find. The two most significant parts of the cost are also the two most valuable: The cost for training twice per week AND the cost to pay a NON-PARENT coach(es) for practices, games, etc. I think the training and non-parent coaches make the cost of the program worthwhile over the programs in the area.

10U – \$2000 - \$2300

11U, 12U – \$2500-\$2800

13U, 14U – \$3000-\$3500

15/16U & 17U - \$2000-\$2500

*****PAYMENTS WILL BE MADE IN INSTALLMENTS OF \$500 or more*****

Once accepted to the program you will make a NON-REFUNDABLE deposit of \$500 to secure your spot on the team. This payment will be due no later than September 1st, 2014. The deposit is non-refundable in case you decide to leave the team after we've given you a spot over another player that may have tried out.

Cost of the program covers:

Indoor Training Time

Coaches

Game Fields

Practice Fields

Employees

Field Equipment

Baseball Equipment

Umpires

AAU League Fees/Insurance

Tournament Fees (Applies to 13U, 14U, and 15U only)

Uniforms (jersey, pants, hat(s), t-shirts, long sleeve shirts, socks, belt, helmet, bag, jacket(s))

*******TUITION MAY BE REDUCED BY WORKING FOR COACH ANDERSON AT ANDERSON BASEBALL ACADEMY OVER THE WINTER*******

*******RETURNING PLAYERS WILL BE ABLE TO REDUCE TUITION BY REUSING CERTAIN ITEMS FROM THE PREVIOUS YEAR (ASSUMING THEY'RE IN DECENT CONDIT**