

# Alabama Baseball Coaches Association

## 2010 All-Star Weekend

### Overview of Weekend Activities and Games

#### June 24 – 27, Troy University

#### Thursday, June 24:

- \* Players check into the dorm from 3:00 – 5:00 p.m.
- \* All-Star Weekend Banquet for players and their parents: 6:30 – 9:30 p.m.  
2010 Scholarship Recipients are honored,
- \* Academic/Athletic Seminar after Banquet: A must attend session for players/parents!  
NCAA Compliance Officer present's academic information for the Division I level of athletics.  
Community College, NAIA, NCAA Division I, II & III coaches  
talk about their level of academics and athletics.

#### Friday, June 25 – Sunday, June 27:

- \* Team's play one game each day. Pitchers are on a 2-3 inning pitch limit, and a 5 batter 's faced max limit per inning. This is for the pitchers arm care.
- \* Off-the-field activities the players go through during the weekend:
  - \* Video Breakdown: The players are video-taped pitching in the bull pen and hitting in the batting cages, then critiqued by professional coaches.  
(Players only)
  - \* Academic Session: A college counselor will conduct a session covering how to be a successful student-athlete on the collegiate level. (Parents welcome)
  - \* Strength Training Session: A professional strength and conditioning coach will show the players proper strength training exercises & techniques for baseball players. (Parents welcome)
  - \* Enrichment Session: Former Major Leaguer, Lou Thornton, and former Auburn player and coach, Mark Fuller, give players straight talk about pursuing a college degree while striving for your dream of playing college and/or major league baseball. (Parents welcome)
  - \* Pitching & Hitting Instruction: Players will go through an instructional session with Lou Thornton (hitting) and Mark Fuller (pitching)
  - \* Sunday morning breakfast chapel: All players and coaches are addressed by an inspirational and thought provoking speaker. (Players only)

#### 41 Colleges and Professional Organizations were in attendance last year:

Community Colleges (17): Bevill-Fayette, Bishop St., Calhoun St., CACC, Enterprise-Ozark, Faulkner St., Gadsden St., Jeff Davis, Lawson St., LBW, Marion Military, N.W. Shoals, Shelton St., Snead St., Wallace-Hanceville, N.W. FL., Gulf Coast

Four-Year Colleges (15): Alabama, UAB, UAH, Auburn, Birmingham Southern, Faulkner University, Huntingdon College, Jacksonville State, Louisiana Monroe, Mississippi State, Montevallo, Samford, South Alabama, Troy University, West Alabama

Professional Organizations (9): Atlanta Braves, Boston Red Sox, Chicago White Sox, Milwaukee Brewers, Pittsburgh Pirates, San Francisco Giants, St. Louis Cardinals, Tampa Bay Devil Rays, Major League Scouting Bureau

The cost for the All-Star Weekend is \$225 per player.

- \* **If a Player IS NOT chosen for the All-Star Weekend he may attend the ALABCA Baseball Camp held the same weekend at Charles Henderson High School in Troy. 2010 seniors may also attend the camp. Players will go through the same educational off-field activities that the All-Star weekend participants benefit from. They will take OF/INF and batting practice either at Troy University on Friday and Saturday nights after the All-Star games or at Charles Henderson HS, depending on the camp size. The college coaches and professional scouts will be invited to the workouts. The cost for the camp is \$200 (pre-reg.) or \$225 (on-site) per player. See our baseball camp flyer after going to [www.alabca.org](http://www.alabca.org) and clicking on the baseball camp link to find out more details.**