

Alabama Baseball Coaches Association (ALABCA)

2010 Fall High School & Middle School Developmental Team's

Wetumpka High School – Wetumpka, Alabama

Objectives: 1) To help high school & middle school baseball players develop and/or refine their baseball skills and knowledge of the game, 2) To help high school players to be seen by two-year and four-year college coaches, and professional scouts. To help prepare middle school players to compete on the high school level.

Who may Participate?: High School & Middle School baseball players from the state may apply to participate on one of the two teams of fifteen players. Players from the classes of 2011 - 2016 from AHSAA or AISA high schools.

How do I sign up?: Send in this application (bottom of this flyer) completely filled out, with a \$100 deposit, that will go towards your \$300 tuition. The players application must be accepted before the player will be allowed on the team. Then the remaining \$200 will be due at the initial team workout's – Saturday, August 28, High School team 9:00 a.m. – Noon, Middle School 2:00 – 5:00 p.m. *If an application is not accepted the player will be refunded their deposit.* Players must provide a copy of their current physical August 28. You may also apply/pay on-line at www.alabca.org. Personal checks will be accepted. Do not send cash in the mail.

**Team Meeting/
Initial Workouts:** Saturday, August 28: High School team, 9:00 a.m. – 12:30 p.m., Middle School, 2:30 – 6:00 p.m. Both meeting/workouts held at Wetumpka High School. *At least one Parent must attend the team meeting at the beginning of their session, 1st hour.* Players should be dressed for baseball practice. Bring your own gear (bats, catchers gear, spikes, etc.). We'll provide water, baseball's, helmets, bats.

Practice Times: High School Team: Monday & Wednesday's, 6:00 – 8:30 p.m., Intrasquad on Sunday's: 12:30 – 3:00 p.m.
Practices (Mon/Wed): Sept. 27/29, Oct. 4/6, 11/13, 18/20, 25/27 – Five Weeks Total
Middle School Team: Tuesday & Thursday's, 6:00 – 8:30 p.m., Intrasquad on Sunday's 3:30 – 6:00 p.m.
Practices (Tues/Thurs): Sept. 28/30, Oct. 5/7, 12/14, 19/21, 26/28 – Five Weeks Total
* Games for High School & Middle School Teams, Sunday's - October 3, 10, 17, 24, & 31
* All practices and intra-squad games will be held at Wetumpka High School

Cost per Player: \$300 Tuition Includes: Hat, t-shirt, insurance, video breakdown of pitching and hitting.
High School Player Bonus: Includes one workout day in front of college coaches and professional scouts, Sunday, September 12, at Central Alabama Community College (Alexander City Campus)
You'll workout along side the Northern Division Community College Sophomores in Alabama, in front of normally 35/40 college coaches & pro scouts.

Who will Coach the Team?: Barry Dean, President/Executive Director of the Alabama Baseball Coaches Association. He coached seven years as a head community college coach, one year as a head high school coach, and six years as an assistant coach on the Division I, II and III level's combined.

Baseball fundamentals that will be covered during practices/games: Team defense, hitting skills (using your hands and staying level through the hitting zone/hitting to all fields), Pitching fundamentals and in-between outings rehab, individual position play, cut-offs/relays, bunting, sliding, proper warm-up and stretching, arm exercises/arm care, weight training concepts. Each player will be video taped and get a DVD of themselves pitching and/or hitting. College academic requirements for student-athletes will also be covered. Practices & Games will be fun, competitive, instructional and informative.

Player Application: Please Print Clearly. Please duplicate as needed and pass out to players/teammates, etc. DO NOT DETACH
* **Send this form and your check made out to ALABCA – P.O. Box 3881, Montgomery, Alabama 36109**

Last Name	First Name	Preferred Name	School/Grad Year (2011 – 2016)
Mailing address (P.O. Box/Street)		City	State Zip
Player Cell # (Area code + #)	Parent's name and Cell# (Area code + #)		Adult T-Shirt Size
Height / Weight / Bat (L/R) / Throw (L/R) / Primary/Secondary Position			Best Email address for communication

High School or Middle School Coach (or Summer League if you don't play either) Ph# of Coach (For a Player Reference call)

* Questions may be directed to Barry Dean in Montgomery at (334)676-0434, or at: barrydean_alabca@bellsouth.net