

# Alabama Baseball Coaches Association (ALABCA)

## 2011 Fall High School & Middle School Baseball Instructional Team's

### Prattville High School – Prattville, Alabama

**Objectives:** 1) To help middle school & high school baseball players develop and/or refine their baseball skills and knowledge of the game, 2) To help high school players to be prepared for the collegiate level. 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 2012 - 2017 from AHSAA or AISA high schools.

**How do I sign up?:** Send in this application (bottom of this flyer) completely filled out, with a \$250 check to reserve a roster spot. The players application must be accepted before the player will be allowed on the team. This will depend on the player's coaches recommendation. *If an application is not accepted the player will be refunded their fee.* Players must provide a copy of their current physical August 27. Personal checks should be made out to and sent to: ALABCA - P.O. Box 3881 - Montgomery, AL. 36109. You may pay on-line at [www.alabca.org](http://www.alabca.org), through camppros, with a Visa, MC or Discover credit card. Upon receiving your application we'll contact you.

**Team Meeting/ Initial Workouts:** Saturday, August 27: High School Team, 9:00 a.m. – 11:30 p.m., Middle School Team, 1:30 – 4:00 p.m. Both meeting/workouts held at Prattville High School. *At least one Parent must attend the team meeting at the beginning of their first 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:** Middle School Team: Tuesday & Thursday's, 4:00 – 6:30 p.m., Intrasquad on Sunday's: 12:30 – 3:00 p.m.  
Practices (Tues/Thurs): Sept. 27/29, Oct. 4/6, 11/13, 18/20, 25/27 – Five Weeks Total  
High School Team: Tuesday & Thursday's, 7:00 – 9:30 p.m., Intrasquad on Sunday's 3:30 – 6:00 p.m.  
Practices (Tues/Thurs): Sept. 27/29, Oct. 4/6, 11/13, 18/20, 25/27 – Five Weeks Total  
\* Intra-Squad Games for High School & Middle School Teams, Sunday's - October 2, 9, 16, 23, & 30  
\* All practices and intra-squad games will be held at Prattville High School

**Cost per Player:** \$250 Tuition Includes: Hat, t-shirt, insurance, player DVD of themselves pitching and hitting.

**Who will Coach the Team's?:** 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. Lou Thornton, former major leaguer & current health & physical education instructor at AUM, and Ben Brack, former Huntingdon College & Faulkner University Coach, will help with instructing the players.

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, proper respect for the game, proper grooming as a ball player, what it means to play hard, etc. Each player will be video taped and receive a DVD of themselves pitching and/or hitting. College academic requirements for student-athletes will also be covered. Practices and 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

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Last Name	First Name	Preferred Name	School/Grad Year (2012 – 2017)
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Mailing address (P.O. Box/Street)	City	State	Zip
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Player Cell # (Area code + #)	Parent's name and Cell# (Area code + #)	Adult T-Shirt Size
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Height / Weight / Bat (L/R) / Throw (L/R) / Primary/Secondary Position	Best Email address for communication
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High School or Middle School Coach (or Summer League if you don't play either)	Ph# of Coach (For a Player Reference call)
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\* Questions may be directed to Barry Dean in Montgomery at (334)676-0434, or at: [barrydean\\_alabca@bellsouth.net](mailto:barrydean_alabca@bellsouth.net)

\* Teams will be limited to 25 players, and will be taken on a first come, first serve basis.