

**Alabama Baseball Coaches Association  
2009 Underclassman All-Star Weekend  
Troy University – Troy, Alabama  
July 2 – July 5 Itinerary**

Thursday, July 2, 2009:

- \* 11:30 - 1:30 p.m.: Coaches Staff Meeting, Stewart Dining Hall
- \* 3:00 - 5:00 p.m.: Players check into the dorms at Shackelford Hall on campus
- \* *The following events take place in the Adams Center Ball Room on Troy University's campus -*
- \* 6:30 - 7:45 p.m.: Banquet for Players, Parents & Coaches  
(Slacks and collared shirt are appropriate attire)  
Honor ALABCA 2008 – 2009 Scholarship Recipients
- \* 8:00 - 9:30 p.m.: Recruiting and Academic Presentation for Players and Parents
- \* 9:35 - 10:15 p.m.: Coaches meet with teams
- \* 10:25 - 10:45 p.m.: Coaches Staff Meeting
- \* 11:00 p.m.: Players in their room and lights out

Friday, July 3, 2009 - Day 1 of Player Instruction and Team Games:

- |             |                         |           |                         |
|-------------|-------------------------|-----------|-------------------------|
| * 8:00 a.m. | Team 1 BP               | 4:00 p.m. | Team 3 BP               |
| * 8:30      | Team 5 BP               | 4:30      | Team 7 BP               |
| * 9:00      | Team 2 BP               | 5:00      | Team 4 BP               |
| * 9:30      | Team 6 BP               | 5:30      | Team 8 BP               |
| * 10:15     | Game: Team 1 vs. Team 5 | 6:15      | Game: Team 3 vs. Team 7 |
| * 1:00 p.m. | Game: Team 2 vs. Team 6 | 9:00      | Game: Team 4 vs. Team 8 |

Saturday, July 4, 2009 - Day 2 of Player Instruction and Games:

- |              |                         |           |                         |
|--------------|-------------------------|-----------|-------------------------|
| * 8:30 a.m.  | Team 2 Inf/Of           | 2:30 p.m. | Team 3 Inf/Of           |
| * 8:45       | Team 7 Inf/Of           | 2:45      | Team 6 Inf/Of           |
| * 9:15       | Game: Team 2 vs. Team 7 | 3:15      | Game: Team 3 vs. Team 6 |
| * 11:30      | Team 1 Inf/Of           | 5:30      | Team 4 Inf/Of           |
| * 11:45      | Team 8 Inf/Of           | 5:45      | Team 5 Inf/Of           |
| * 12:15 p.m. | Game: Team 1 vs. Team 8 | 6:15      | Game: Team 4 vs. Team 5 |

Sunday, July 5, 2009 - Day 3 of Player Instruction and Games:

- \* 7:00 - 8:00 a.m. Breakfast - Chapel Speaker, Mark Jackson
- \* 8:30 Team 3 vs. Team 8
- \* 11:00 Team 4 vs. Team 7
- \* 2:00 p.m. Team 1 vs. Team 6
- \* 4:30 Team 2 vs. Team 5

**Special Game Notes:**

- \* Pitchers will face a maximum of 5 batters per inning or record three outs, whichever comes first.
- \* If a batter is walked, they will receive two more pitches max, and they must be fastballs.
- \* If a batter is hit by a pitch it will be counted as a ball, no runner put on base.
- \* Most pitchers will throw a maximum of two innings.

## **Weekend Activities that each Player/Team will go through when not playing**

### **Video Review Session:**

Each Pitcher and Hitter will be video-taped and have their mechanics analyzed. Lou Thornton, former major league player and minor league manager, and current AUM Teacher, will critique the hitters, while Mark Fuller, former Auburn University player and pitching coach and minor league pitcher, and current co-owner Operator of the Sports Academy in the Auburn-Opelika area, will critique the pitchers. *This session will be held in the Lott Baseball Facility at the baseball field. This session is for Players and Coaches only.*

### **Enrichment Session:**

Each team will be addressed by Lou Thornton and Mark Fuller in enrichment sessions. Lou will speak on what it means to be a student-athlete on the collegiate level, and on the pursuit of a major league career. Mark will speak on time management of the collegiate student-athlete, "balancing baseball and the books." *This session will be held in the Tine Davis Field House, located next to the football stadium end zone opposite the baseball field. When you walk into the building the room is the first room on your immediate right. Parents are welcome to attend both sessions.*

### **Academic Session:**

Each team will be addressed by Brian Alewine, Troy University Graduate Assistant in the Athletic Department as an Athlete Academic Counselor. Brian is a former high school coach, who will blend his past experience of working with high school student-athlete's to his current role of working with student-athlete's on the collegiate level, to cover important issues that hinder & tips that may help the future collegiate student-athlete. *This session will be held on the third floor of the football complex. Parents are welcome to attend this session. Feel free to bring a notepad to take notes.*

### **Strength & Conditioning Session:**

Each team will be taken through the proper way to warm-up and lift weights for baseball specific exercises. Appropriate strength and conditioning exercises for baseball players will be covered also. Dallas currently works at the D-1 Sports Training & Therapy facility in Huntsville. This session will be very informative and enlightening. Dallas spoke at our Coaches Convention last January (2009) in Birmingham and was a big hit with the coaches. *This session will be held in the weight room, located on the bottom floor of the football facility. Parents are welcome to attend this session. Fell free to bring a notepad to take notes.*

### **Favorite Drills Session:**

Held in the batting cage / bull pen area down left field line. Lou Thornton (hitting) and Mark Fuller (pitching) will have one forty-five minute session with each team giving them ideas on how to improve their skills. *This session is for Players only. No Parents please.*

### **Thursday Evening Banquet Academic Session:**

The banquet will take place at 6:30 p.m. on Thursday evening, June 26. It will be held in the Adams Center Ball Room on the campus of Troy University. The academic session will take place after the banquet (approximately 8:00 p.m.). This has become a very popular and educational session for the parents! A head coach from each level of collegiate baseball - Community College, NAIA, NCAA Division I, II and III will give insight into what the average scholarship offer is on their prospective level. The advantages to participate on each level will be highlighted. Very educational and somewhat entertaining as each coach gets a little competitive in promoting their level of athletics. Feel free to bring a notepad to take notes.