

U.S. Baseball Academy Week 1 Opening talk with parents

Welcome to the U.S. Baseball Academy Camp here at _____HS / College / University.

Introduce your staff.

At this time release players to pitching, hitting and catching areas.

Let the parents know how much you appreciate them taking an interest in this great game and wanting to see their son/daughter improve their skills.

At this time...You can talk about your goals for the camp.

Over the next few weeks, your son/daughter will go thru a series of drills breaking down the hitting, pitching and catching. If you see a drill and have any questions please feel free to ask any member of our staff.

Understand this is a teaching camp...it's not about getting in the cage and taking 200 swings a day...they will get 200 swings a day... just not in the cage. Your son/daughter may tell you it was boring after the first day... not too many kids like to hit off a tee...just let them know big leaguers do it every day. We will progress each week covering 36 drills...so they will come away from this a much better hitter. **Take a moment to discuss what will be covered during the 6 weeks.**

On the pitching side...our goal is not to get hitters out in the middle of winter...kids will not throw from pitching mounds...arms not in shape...we do not want to hurt anyone...our focus will be on teaching proper pitching mechanics while learning several drills breaking down the process...pitchers will throw approx. 30 minutes per session. **Take a moment to discuss what will be covered during the 6 weeks.**

For catching...same thing...they will go thru 6 weeks of drills working on fundamentals and techniques for the position... Week 5 and 6, catchers will receive pitchers during the last 15 minutes of the session. **Take a moment to discuss what will be covered during the 6 weeks.**

We need to be concerned about safety...we have a "no swing zone" set up at each station...we are asking the players not to be swinging unless they are exercising the drill. In the pitching area, parents need to be careful walking into the gym or on the field.

**Players will need to arrive on time so that we can start promptly on the hour.
This will be the only time we do a check in...week 2-6 we will do a roll call.**

Weather...unless there is a snow emergency...the camp will run...with limited gym/field access, there is no time to make up a day. You can go to the website to check for cancellation each week. In case of a cancellation, we will notify you with a make up by e-mail.

**Please make sure your son / daughter's has their name on equipment.
If you have any question throughout the hour, please let me know.**

