



Information Paper

2010 High Performance Development Programs

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Distribution:

Junior League, Country League, Women's League & Major League Standing Committees, Junior Association Secretaries and Baseball NSW Staff

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1. PREAMBLE

- 1.1. In the winter of 2009 BNSW implemented a revised winter development program under the High Performance banner. This program included an Elite program replacing the NSWIS and Talent Identification Programs for U16, U14 and U12 players.
- 1.2. Throughout the winter of 2010, BNSW will be conducting a variety of High Performance Development Programs.
- 1.3. Starting February 2010 these programs will be split into 3 categories, as follows.
 - a. Elite
 - b. Youth (12*, 13, 14 & 15 Year Olds)
 - c. Little League (10, 11 & 12* Year Olds)
- 1.4. Age eligibility for each program is according to a player's age as at 31st December 2010 (excepting Little League) and selection for NSW State representative teams:
 - a. AAA's (Under 18's) DOB Range 1st Jan 1993 ~ 31st December 1994
 - b. AA's (Under 16's) DOB Range 1st Jan 1995 ~ 31st December 1996
 - c. A's (under 14's) DOB Range 1st Jan 1997 ~ 31st December 1998
 - d. Little League (10, 11 & 12 Year olds) DOB Range 1st May 1998 ~ 30th April 2000
- 1.5. There are 2 options for some 12 Year Olds:

* Players with a DOB between 1st May 1998 and 31st December 1998 as well as being eligible for selection in the NSW State team, to compete at Age National Championships in 2011, will however be the youngest candidates under consideration and are also eligible to compete in the Little League Nationals Championships in June 2011.

Therefore, you can elect between either programs for the best option to develop.
- 1.6. In an effort to provide consistency throughout the program the Manager of High Performance and Baseball Operations will oversee these programs.
- 1.7. In an effort to reach more players, the programs will be run in various locations throughout Sydney which will minimise travel time for parents and athletes.
- 1.8. This document outlines the details of the program.

2. CALENDAR

2.1. The High Performance calendar has been implemented taking into consideration baseball events which take place in each age group.

2.2. Examples of these baseball events are as follows:

- Major League Baseball Australian Academy Program
- Coastie's Cup and Timberjack's
- Little League State and National Championships.

2.3. The calendar is split into 2 portions

- High Performance Elite
- High Performance TIP

3. DETAIL FOR ELITE HIGH PERFORMANCE PROGRAM

3.1. Following the withdrawal of funding from NSWIS and the termination of the NSWIS Baseball Program, BNSW has implemented the High Performance Program to cater for our elite athletes, albeit on a reduced scale.

3.2. The estimated squad number will be 35 athletes.

3.3. The Elite High Performance program will commence with testing and strength and conditioning programs in late February and continue until Late August.

3.4. MLBAAP participants will leave the BNSW Elite High Performance Squad and train at MLBAAP on the Gold Coast Qld, from 29th May, 2010.

3.5. BNSW and the ABF will sponsor the cost of the program although there will be a modest levy to be paid by each athlete. Estimated cost for this levy is \$300.

3.6. The levy will go towards program cost and will include:

- a. 1 x Long Sleeve Training Shirt
- b. 1 x Training Cap
- c. Coach payments
- d. Strength and Conditioning Programs
- e. Video Analysis
- f. Arm Maintenance DVD and Theraband tubing
- g. Venue Hire

3.7. Players involved in this program will have access to coaches who will focus on the development of each athlete in the program. Throughout the program they will have access to information about professional and college baseball.

4. DETAIL FOR YOUTH TIP

- 4.1. The Youth TIP will commence 7th June, 2010 and will run for 10 consecutive weeks concluding on 14th August, 2010.
- 4.2. In an effort reach out to more players of this age group, 3 squads will be trained in the following geographical areas of Sydney.
 - a. NORTH (AQUATIC RESERVE)
 - b. SOUTH (TOM EVANS FIELD, BONNET BAY)
 - c. WEST (BLACKTOWN OLYMPIC PARK, ROOTY HILL)
- 4.3. Estimated squad numbers are to be 30 per squad. 90 total. Numbers and amount of talent displayed at trials will determine the final numbers of each squad.
- 4.4. Each squad will train once per week in their respective geographical areas on Monday evenings
- 4.5. A second workout per week is scheduled for 7 weeks of the program. This will consist of either a skill development workout at BOP on Thursday evening or a simulated development game at BOP on Saturday. The groups will rotate between these workouts.
 - e.g. Week 1- North will practice Thursday evening. West will play South on Saturday.
- 4.6. These extra workouts will not only aid in the development of players but will also provide wet weather make up dates. The extra workouts will cease during school holidays to aid availability for association teams for Coastie's Cup and Timberjack's.
- 4.7. It is understandable that some players will have clashes with winter/school sports on the extra workouts. If players are unavailable for these workouts players/parents should advise at their earliest convenience in order for programs to be altered.
- 4.8. Specific High Performance Coaches, State Team Head Coaches and Assistant Coaches will make up the coaching staff for this program.
- 4.9. Expressions of interest will also be sought for coaching placements in each of these coaching venues at a later date. Coaching placement numbers will vary.
- 4.10. Estimated cost for this program will be \$250. This amount covers coach payment, ground hire, equipment purchase and uniform levy. Included in the package will be:
 - a. 1 x Long sleeve Training Shirt
 - b. 1 x Training Cap
 - c. Arm Maintenance DVD and Theraband tubing
- 4.11. This group is targeting athletes aged 12 – 15 having a DOB between 1st January 1995 and 31st December 1998 with aspirations to achieve selection in a NSW State Representative team. Players with a DOB between 1st May 1998 and 31st December 1998 would naturally be the youngest eligible players for selection in our NSW State team for 2010; however, these players will also be eligible for Little

League State and National Championships in 2010. Therefore, these players can elect to develop further with our Little League Program as detailed below.

- 4.12. BNSW will make every effort to reschedule wet weather days. Regrettably and unavoidably these decisions may have to be made at short notice.
- 4.13. Tryout dates and selection criteria will be announced on the BNSW website closer to the start date of the program. The trials will include objective and subjective testing using standard measures. The objective measures will include:
 - 60 Yard Sprint, Arm strength test, bat speed test, agility and power tests.
 - These test help determine athletes who possess attributes conducive to success in baseball.

5. [DETAIL FOR LITTLE LEAGUE TIP](#)

- 5.1. The Little League TIP will commence 22nd June, 2010 and conclude 26th August, 2010.
- 5.2. The timing of the start of the program is to coincide with completion of the Australian Little League championships.
- 5.3. Two squads will train at Majors Bay Reserve, Concord; one session each per week. Squad 1 will train on Tuesday night and Squad 2 will train on Thursday night.
- 5.4. The squads will also play games against a travelling US team during July and may also play scheduled games against association Coastie's Cup teams. (Dates to be determined).
- 5.5. The ages of athletes in this group is targeted at players with a DOB between 1st May 1998 and 30th April 2000 who would be eligible to attend 2010 State & National Little League Championships.
- 5.6. The squad may also include some 9 year olds with a DOB between 1st May 2000 and the 30th April 2001.
- 5.7. An athlete must not turn 13 years before 30th April 2011.
- 5.8. Tryout dates and selection criteria will be announced on the BNSW website closer to the start date of the program.
- 5.9. Estimated squad size will be 25 per squad. 50 total.
- 5.10. Expressions of interest will be sought for coaches for this program closer to the date.
- 5.11. Estimated cost for this program will be \$200. This amount covers coach payment, ground hire, equipment purchase and uniform levy. Included in the uniform package will be:
 - a. 1 x Long sleeve Training Shirt
 - b. 1 x Training Cap
 - c. Arm Maintenance DVD and Theraband
- 5.12. BNSW will make every effort to reschedule wet weather days. Regrettably and unavoidably these decisions may have to be made at short notice.

6. TRIALS

6.1. Trials will be advertised closer to the date for each of the programs. Estimated trial times will be

- TIP YOUTH- First 3 weeks of May.
- TIP Little League- Last 2 weeks of May.

6.2. Trial dates will be posted on BNSW website and communicated to associations through the JLSC.

6.3. Players will only be eligible to trial at 1 venue.

6.4. High Performance Elite placement will be via invitation only. Players will be selected with consultation of State Head Coaches and Senior program coaches.

7. QUESTIONS

7.1. If you have any questions regarding any of the information above please contact Manager of High performance and Baseball Operations Glenn Williams on glennwilliams@baseballnsw.com.au or 0418 318 972.

8. CALENDARS ATTACHED

Glenn Williams
Baseball NSW
Manager High performance and Baseball Operations

