



FALL PERFORMANCE PROGRAM



PROGRAM PHILOSOPHY

FALL PERFORMANCE PROGRAM

- Provide an elite developmental program for 13U, 15U & 18U
- Develop tactical aspects of baseball within practice and game settings
- Introduce players to the level of AAA baseball competition
- Introduce players and parents to the AAA level of commitment
- Provide showcase opportunities for next levels of competition
- Introduce the developmental path for players within our region
- Replicate a standard college baseball Fall Ball experience
- Provide an affordable option for player development and elite Fall Ball

FPP: AUGUST-SEPTEMBER-OCTOBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOUR DAY	3 MEETING (all ages) 18U: Testing 15U: Testing 13U: Testing	4 18U: Practice 15U: Practice 13U: Practice	5 18U: Practice 15U: Practice 13U: Practice	6 18U: Host Tourn TBD	7 18U: Host Tourn TBD 15U: BA Fall Ball (DH) 13U: BA Fall Ball (DH)
8 18U: Host Tourn TBD 15U: vs. TBD (DH) 13U: vs. TBD (DH)	9 18U: Soul Fitness – 8p 15U: Soul Fitness – 7p	10 NEZ BASEBALL MTG 18U: @ Red Deer – 7p 15U: Practice 13U: Practice	11 18U: @ Prospects – 6p 15U: vs. TBD 13U: vs. TBD	12 18U: vs. St FX – 6p ? 15U: Practice 13U: Practice	13 18U: Keith Jorgenson	14 18U: Keith Jorgenson 15U: BA Fall Ball (DH) 13U: BA Fall Ball (DH)
15 18U: Keith Jorgenson 15U: vs. TBD (DH) 13U: vs. TBD (DH)	16 18U: Soul Fitness – 8p 15U: Soul Fitness – 7p	17 18U: @ Red Deer – 7p 15U: Practice 13U: Practice	18 18U: Practice 15U: vs. TBD 13U: vs. TBD	19 18U: vs. St FX – 6p ? 15U: vs. TBD 13U: vs. TBD	20 18U: Host Tourn TBD	21 18U: Host Tourn TBD 15U: BA Fall Ball (DH) 13U: BA Fall Ball (DH)
22 18U: Host Tourn TBD 15U: vs. TBD (DH) 13U: vs. TBD (DH)	23 18U: Soul Fitness – 8p 15U: Soul Fitness – 7p	24 18U: Practice 15U: Practice 13U: Practice	25 18U: @ Prospects – 6p 15U: vs. TBD 13U: vs. TBD	26 18U: vs. St FX – 6p ? 15U: Practice 13U: Practice	27	28 18U: Red Deer Tourn 15U: BA Fall Ball (DH) 13U: BA Fall Ball (DH)
29 18U: Red Deer Tourn 15U: vs. TBD (DH) 13U: vs. TBD (DH)	30 18U: Soul Fitness – 8p 15U: Soul Fitness – 7p	1 18U: Practice 15U: Practice 13U: Practice	2 18U: Practice 15U: Practice 13U: Practice	3 18U: Travel Day 15U: Practice 13U: Practice	4 18U: COMBA Tourn 15U: Indoor Tourn 13U: Indoor Tourn	5 18U: COMBA Tourn 15U: Indoor Tourn 13U: Indoor Tourn
6 18U: COMBA Tourn 15U: Indoor Tourn 13U: Indoor Tourn	7 18U: Soul Fitness – 8p 15U: Soul Fitness – 7p	8 18U: Practice 15U: Practice 13U: Practice	9 18U: Practice 15U: Practice 13U: Practice	10 18U: Practice 15U: Practice 13U: Practice	11	12 THANKSGIVING BREAK (no programs)



HIGH PERFORMANCE PROGRAM



PROGRAM PHILOSOPHY

HIGH PERFORMANCE PROGRAM

- Provide academy-like program
- No need to change schools
- Open to non-NEZ players
- Total athlete development
- Affordable program
- Flexible registration options
- For current and future AAA/AA
- Access to highly certified staff
- Use of Strength & Conditioning Lab within TBD
- Life skills presentation topics incorporated during the year
- Post-secondary prep overviews for general and specific interests (applicable to US and Canada)



ELITE OFF-SEASON DEVELOPMENT PROGRAM

PERIOD	DATES	LENGTH	OBJECTIVES	VOLUME/INTENSITY
LEARN TO TRAIN (MIN. THROWING)	October 26 – November 23	4 weeks	Establish routines, introduce fundamentals and sequences, priority on proper mechanics and drill setup (return to fundamentals).	High volume, low intensity
TRAIN TO TRAIN (NO THROWING)	November 24 – December 21	4 weeks	Increased intensity, perfection of sequences, priority on proper mechanics as intensity increases (fundamentals with intensity).	Moderate-high volume, moderate intensity
MAINTENANCE (WINTER BREAK)	December 22 – January 3	2 weeks	Maintenance program for strength and conditioning, dry swings and shadow reps, manage caloric intake (active over holidays).	Moderate volume, low intensity
TRAIN TO COMPETE (THROWING PROGRAM)	January 4 – February 1	4 weeks	Introduce arm strength program, focus on throwing mechanics, introduce competitive situations (situational awareness).	Moderate volume, moderate-high intensity
TRAIN TO WIN (TRYOUT PREP)	February 2 – February 29	4 weeks	Continue arm strength program, condition for tryouts, game-like situations, competitive environment (live on live competitions).	Moderate volume, high intensity



LIFE SKILLS

The sport of baseball provides naturally for many life lessons, both on and off the field. The High Performance Program will enhance that by way of incorporating various Life Skills topics throughout the program. This will provide our athletes with a more well-rounded and enlightening experience through presentations, small projects and mentorship from community subject matter experts. Topics may include but are not limited to the following:

- Financial Literacy
- Resume Writing
- Leadership & Public Speaking
- Community Engagement & Youth Coaching
- Athletic Health & Nutrition
- Sports Psychology & Goal-Setting
- Baseball Tactical Theory
- Baseball Technical Video Analysis



POST-SECONDARY / COLLEGE BASEBALL PREP

Included within Life Skills offerings will be an emphasis on post-secondary prep. In coordination with NAIT Student Recruitment, the Technical Staff will facilitate opportunities for our student-athletes to participate in experiences for post-secondary preparation as well as to receive guidance related to post-secondary interests (academics and athletics). Additionally, the program is coordinating with NEXT PLAY ATHLETICS to provide general college baseball prep information (US and Canada).

HPP athletes will be provided with opportunities to complete the following:

- NAIT Program Previews: introductory and experiential opportunities featuring each School
- Look for a Day: shadow a current NAIT student for a glimpse of post-secondary life
- General Advising: information related to admissions requirements for post-secondary schools
- Optional College Placement Assistance: connections to baseball programs and assistance in navigating Canadian and US college baseball options and entrance requirements (services offered by NEXT PLAY ATHLETICS)



TECHNICAL STAFF

JOHN SUTHERLAND, Technical Director (18U FPP Head Coach)

PATRICK SZPAK, High Performance Director

CHRIS DAVIE, Lead Instructor – Infield Specialization (15U FPP Head Coach)

RYAN BIRD, Catching Instructor & Video Analysis Coordination

JOSH HILLIS, Hitting & Outfield Instructor

DWAYNE PANKIW, General Instructor

CHRIS FREWIN, General Instructor

SCOTT FULMER, General Instructor

CAM CLARKE, General Instructor

BRANDON HILL, General Instructor – Pitching Specialization

LUKE BROWN, General Instructor – Hitting Specialization

ERIC PANKIW, General Instructor – Pitching & Hitting Specialization

DEREK DALLORTO, General Instructor – Pitching & Hitting Specialization

DUSTIN SUNDBY, General Instructor

LISA BABIUK, Soul Fitness – Mobility & Resiliency Program

***ADDITIONAL STAFF & GUEST INSTRUCTORS TO BE CONFIRMED**

***LIFE SKILLS PROVIDED BY COMMUNITY SUBJECT MATTER EXPERTS & TECHNICAL STAFF**

2019 HPP FALL CALENDAR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER	20	21 TRANSITIONAL BREAK (no programs)	22 TRANSITIONAL BREAK (no programs)	23 TRANSITIONAL BREAK (no programs)	24 TRANSITIONAL BREAK (no programs)	25 TRANSITIONAL BREAK (no programs)	26 HPP INTRO & TESTING HPP – 11a/1p Turf Training Centre
	27 LEARN TO TRAIN	28 HPP – 6p/7p/8p Home Run Sports	29 HPP Strength – TBD TBD	30 HPP – 6p/7p/8p Home Run Sports	31 HPP Strength – TBD TBD	1	2 UBC FALL SHOWCASE HPP – 11a/1p Turf Training Centre
	3 LEARN TO TRAIN HPP – 7p Commonwealth	4 PADRES TASK FORCE	5 NEZ BASEBALL AGM HPP Strength – TBD TBD	6 HPP – 6p/7p/8p Home Run Sports	7 HPP Strength – TBD TBD	8	9 Life Skills HPP – 11a/1p Turf Training Centre
NOVEMBER	10 LEARN TO TRAIN HPP – 4p Commonwealth	11	12 HPP Strength – TBD TBD	13 HPP – 6p/7p/8p Home Run Sports	14 HPP Strength – TBD TBD	15	16 Life Skills HPP – 11a/1p Turf Training Centre
	17 LEARN TO TRAIN	18 HPP – 6p/7p/8p Home Run Sports	19 HPP Strength – TBD TBD	20 HPP – 6p/7p/8p Home Run Sports	21 HPP Strength – TBD TBD	22	23 Life Skills HPP – 11a/1p Turf Training Centre
	24 TRAIN TO TRAIN	25 HPP – 6p/7p/8p Home Run Sports	26 HPP Strength – TBD TBD	27 HPP – 6p/7p/8p Home Run Sports	28 HPP Strength – TBD TBD	29	30 Life Skills HPP – 11a/1p Turf Training Centre
DECEMBER	1 TRAIN TO TRAIN	2 HPP – 6p/7p/8p Home Run Sports	3 HPP Strength – TBD TBD	4 HPP – 6p/7p/8p Home Run Sports	5 HPP Strength – TBD TBD	6	7 Life Skills HPP – 11a/1p Turf Training Centre
	8 TRAIN TO TRAIN	9 PADRES TASK FORCE HPP – 6p/7p/8p Home Run Sports	10 HPP Strength – TBD TBD	11 HPP – 6p/7p/8p Home Run Sports	12 HPP Strength – TBD TBD	13	14 Life Skills HPP – 11a/1p Turf Training Centre
	15 TRAIN TO TRAIN	16 HPP – 6p/7p/8p Home Run Sports	17 HPP Strength – TBD TBD	18 HPP – 6p/7p/8p Home Run Sports	19 HPP Strength – TBD TBD	20	21 Life Skills HPP – 11a/1p Turf Training Centre

2020 HPP WINTER SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY	29	30	31	1	2	3	4 Life Skills HPP – 11a/1p Turf Training Centre
	5 TRAIN TO COMPETE	6 HPP – 7p Commonwealth	7 HPP Strength – TBD TBD	8 HPP – 6p/7p/8p Home Run Sports	9 HPP Strength – TBD TBD	10	11 Life Skills HPP – 11a/1p Turf Training Centre
	12 TRAIN TO COMPETE HPP – 9a Commonwealth	13 PADRES TASK FORCE	14 HPP Strength – TBD TBD	15 HPP – 6p/7p/8p Home Run Sports	16 HPP Strength – TBD TBD	17	18 Life Skills HPP – 11a/1p Turf Training Centre
	19 TRAIN TO COMPETE	20 HPP – 7p Commonwealth	21 HPP Strength – TBD TBD	22 HPP – 6p/7p/8p Home Run Sports	23 HPP Strength – TBD TBD	24	25 Life Skills HPP – 11a/1p Turf Training Centre
	26 TRAIN TO COMPETE	27 HPP – 7p Commonwealth	28 HPP Strength – TBD TBD	29 HPP – 6p/7p/8p Home Run Sports	30 HPP Strength – TBD TBD	31	1 Life Skills HPP – 11a/1p Turf Training Centre
FEBRUARY	2 TRAIN TO WIN	3 HPP – 7p Commonwealth	4 HPP Strength – TBD TBD	5 HPP – 6p/7p/8p Home Run Sports	6 HPP Strength – TBD TBD	7	8 Life Skills HPP – 11a/1p Turf Training Centre
	9 TRAIN TO WIN HPP – 7p Commonwealth	10 PADRES TASK FORCE	11 HPP Strength – TBD TBD	12 HPP – 6p/7p/8p Home Run Sports	13 HPP Strength – TBD TBD	14	15 Life Skills HPP – 11a/1p Turf Training Centre
	16 TRAIN TO WIN HPP – 6p Commonwealth	17 FAMILY DAY	18 HPP Strength – TBD TBD	19 HPP – 6p/7p/8p Home Run Sports	20 HPP Strength – TBD TBD	21	22 Life Skills HPP – 11a/1p Turf Training Centre
	23 TRAIN TO WIN	24 HPP – 7p Commonwealth	25 HPP Strength – TBD TBD	26	27 HPP Strength – TBD TBD	28 HPP – 8p/9p Commonwealth	29 Life Skills HPP – 11a/1p Turf Training Centre

REGISTRATION OPTIONS

<http://northeastball.rampregistrations.com/>



FALL PERFORMANCE PROGRAM (players play at 2020 age level)

September 3 – October 10

18U: \$350.00 15U: \$300 13U: \$250 11U: 2019 AA players may play 13U

HIGH PERFORMANCE PROGRAM

FULL PROGRAM (18U & 15U)	BASEBALL ONLY (18U & 15U)	INTRO TO HPP (13U & 11U)
October 26 – February 29	October 26 – February 29	October 20 – March 2
- Strength Training (2 specific days per week)		- Strength Training (in-program on Saturdays)
- Arm Care, Speed & Agility, Mobility	- Arm Care, Speed & Agility, Mobility	- Arm Care, Speed & Agility, Mobility
- Baseball Technical Development	- Baseball Technical Development	- Baseball Technical Development
- Life Skills Sessions	- Life Skills Sessions	- OPTIONAL: Life Skills Sessions and
- Post-Secondary / College Baseball Prep	- Post-Secondary / College Baseball Prep	Post-Secondary / College Baseball Prep
TOTAL: \$2,000.00 (\$400.00 monthly)	TOTAL: \$1,500.00 (\$300.00 monthly)	TOTAL: \$1,000.00 or \$200.00 monthly \$750 or \$150 monthly (baseball only)

ADDITIONAL PROGRAMS



NEZ GRASSROOTS WINTER CAMP	EABA GRASSROOTS WINTER CAMP	PITCHING & CATCHING CLINICS
AGES: 5-13 year olds (community level)	AGES: 11U-18U (grassroots focus)	AGES: 9U, 11U, 13U (intro to pitching) AGES: 8-13, 14-18 (catcher technical)
DATES: January 5 – February 28	DATES: January 5 – March 3	DATES: Saturdays, March 21 – April 25
- 16 sessions, twice per week	- 16 sessions, twice per week	- 6 sessions, 1 per week (4 time options)
- Commonwealth & Home Run Sports	- Turf Training Centre	- Turf Training Centre
- Baseball technical development	- Baseball technical development	- Introductory pitching development
- All aspects covered in stations	- All aspects covered in stations	- Pitchers mechanics and balance drills
TOTAL: \$250.00	TOTAL: TBD	TOTAL: \$100 (pitching or catching)

ONLINE REGISTRATION AVAILABLE BY NOVEMBER