



ROBINSON BASEBALL **2016 Little League Transition Camps**

Week: Monday August 1 – Friday August 5
Monday August 22 – Friday August 26

Hours: 9:00am – 12:00pm

Location: Providence Baseball Facility
3616 Jermantown Road
Fairfax, VA 22030

Participants: Rising 5-7 graders or ages 8 to 14

Lead Instructors: John James – Head Baseball Coach, Robinson SS
Scott Broyles – Asst. Baseball Coach, Robinson SS

Cost per week: \$180/per player, \$330/two siblings

Registration: Space will be limited so register early to secure your spot.
Register at: <http://assn.la/Reg/?r=2:142953>

Wear: Baseball Pants, Spikes, Belt, Hat, Baseball Socks

Bring: Glove, Bat, Batting Gloves, Athletic Cup, Sunscreen, Water

Purpose: The purpose of the Robinson 90' Transition Camp is to prepare players coming from the smaller diamond for competitive play on the big field. With this transition, the physical demands are increased as well as the need for heightened mental awareness. This camp will emphasize the skills needed to be successful at the next level. Camp instructors will provide detailed instruction in all aspects of the game, including individualized feedback for player improvement.

Baseball Philosophy: The Robinson Baseball Program believes in playing baseball the way it was meant to be played. Camp participants will hustle everywhere on and off the baseball field. Camp participants will also compete at all times, including games, drills, and competitions. Participants will come to camp each morning with a positive attitude, be willing to make adjustments, and be committed to listening to and learning from the coaching staff. Baseball is one of the toughest mental sports to play in the world, and this camp will provide a discussion about the mental side of the game on a daily basis.

Hitting Philosophy: The Robinson Baseball Program stresses the importance of bat speed. A short, compact path to the baseball increases bat speed. Since the beginning of the 2012 season, all high school players are required to swing BBCOR bats, the number of home runs across the region decreased drastically in 2012. The BBCOR bats make a shorter, quicker path to the ball even more essential. This camp will focus on getting into a good hitting position and remaining balanced throughout the swing. Instructors will also introduce techniques for tracking and timing the baseball, two of the most undervalued physical aspects of hitting. There is no shortcut to becoming a good hitter at the high school level. A good hitter must work hard on his craft, be strong mentally, and compete at the plate every at-bat.

Pitching Philosophy: The Robinson Baseball Program prioritizes command as the most important ability in a pitcher's skill set. Movement and velocity are helpful, but ineffective without command. Pitchers must be capable of consistently repeating their delivery in order to possess a solid command of their arsenal. Repetition of a pitcher's delivery is reliant upon balance throughout the motion, which results in a consistent release point. A very small percentage of high school pitchers ever touch 90mph on the radar gun. There is no trick for a pitcher to increase velocity. Velocity can only be increased with time, hard work, and a lot of running, core strengthening, and long toss.

Defensive Philosophy: Even though defense has been devalued in Major League Baseball, defense is invaluable at the high school level. The old adage, "if you can hit, they will find you a position" does not apply anymore, especially considering the new BBCOR bat restrictions which produces lower scoring games. There is only one DH per lineup, so limited defensive ability translates into limited playing opportunities at the high school level.

Baserunning Philosophy: Baserunning is the most underrated aspect of the high school game. The BBCOR lower scoring games have also placed even more importance on baserunning at the high school level. Competitive high school baseball programs value speed and quickness and use it to their advantage on the basepaths. However, speed and quickness are not requirements to being a great baserunner. Players who study the game, practice baserunning with a purpose, and learn from experience will become good baserunners. With the high school re-entry and courtesy runner rules, strong baserunners will earn more opportunities for playing time.

Daily Camp Schedule:

- 9:00 – 9:05 Opening Remarks
- 9:05 – 9:20 Running/Dynamic Stretching/Plyometrics
- 9:20 – 9:35 Daily Baserunning Exercise
 - Mon – primary, secondary
 - Tues – rules/reads on each base
 - Wed – BID’s
 - Thurs – steal jumps/squeeze jumps
 - Fri – break early, delay
- 9:35 – 9:40 Water Break
- 9:40 – 9:55 Throwing Progressions
- 9:55 – 10:25 Position Specific Defensive Work
- 10:25 – 10:30 Water Break
- 10:30 – 11:00 Team Defense
 - Monday – communication
 - Tuesday – pop-ups
 - Wednesday – relays
 - Thursday – rundowns
 - Friday – bunt coverage
- 11:00 – 11:05 Water Break
- 11:05 – 11:55 Hitting Stations
 - Monday – bunts
 - Tuesday – mental approach
 - Wednesday – hit-n-runs
 - Thursday – timing
- 11:55 – 12:00 Wrap

Coaches' Bios:

John James:

Coach James is in his 24th year of coaching high school baseball, his 12th year as a varsity head coach, and his 5th year as the head coach at Robinson. In his 1st year at Robinson in 2012, he led the Rams to the Concorde District championship. Coach James had spent the previous 7 years as the head coach at West Springfield High School where he led the Spartans to an overall record of 125-52. Under Coach James, the Spartans won Patriot District championships in 2005, 2009, 2010, Northern Region championships in 2009 and 2010, and the Virginia AAA State championship in 2010. Over his coaching career, Coach James has been named Patriot District Coach of the Year 3 times, Northern Region Coach of the Year, Virginia State Coach of the Year, and the Mid-Atlantic Region Coach of the Year. He has also twice been selected as the head coach of Team Virginia in the prestigious Battle of the Border, and in 2011 was selected to coach the East squad in the VHSL State all-star game.

Scott Broyles:

Coach Broyles is in his eighth season at Robinson and his second as a varsity assistant. Scott spent his first six years at the helm of the JV program. The 2011 squad won the Concorde District JV championship with a 9-1 district record and 12-2 overall. In 2006, he helped steer the Rams to the Concorde district championship. From 2007-09 he was the head coach at Hayfield, where his '07 squad set the school's all-time records for team batting and slugging against top Patriot district pitching. Coach Broyles has more than 25 years combined playing and coaching experience, including four years as a starter in the infield for Shepherd University, where he still ranks among the school's single-season and all-time record holders in stolen bases, walks, sacrifices and double plays turned. Closer to home, he resides among the most successful coaches in the history of Fairfax Little League, winning an unprecedented four consecutive Juniors and Seniors District championships.