



**WINTER BASEBALL
TRAINING PROGRAM**

GENERAL POLICY

Final

October 2011



Winter Baseball Training

Goals

Our goals for winter training include:

1. Teaching players the fundamentals of baseball (hitting, pitching, base running, and defense) and using the Pine-Richland Training Manual as the general guide.
2. Teaching each player how to mentally prepare for a game and how to achieve mental success with baseball.
3. Teach each player the importance of team baseball and to take pride in Pine-Richland. We are working on building our baseball tradition!
4. Provide players with the opportunity to participate in a higher level of baseball training with more committed, more experienced and higher skilled players than in-house baseball.
5. Opportunity to play in a spring tournament. Playing in at least one spring tournament should be a goal of the winter training program. It is usually a good ending point and a highlight to the winter training program for the boys.



PINE RICHLAND BASEBALL

Winter Baseball Training Participation and Invitation

Participation in winter training should adhere to several mandatory participation and suggested invitation requirements:

Mandatory Participation Requirements:

1. All players must be Pine-Richland residents. They do not have to attend Pine-Richland Schools but they must live in either Pine or Richland Township.
2. If players are not Pine-Richland residents at the time of signing up for winter training, they must provide some documentation, such as a commitment by their family to buy or build a new home, etc. so that they will be a Pine-Richland resident at the time winter training is under way.
3. All players must register for and participate in regular PRBSA in-house or PRBSA elite team baseball games.
4. A player should ideally not participate in winter training and simultaneously play for an AAU or Club travel team (ex. Team All American, Steel City Select, etc.) in order to avoid potential schedule conflicts.
5. All PRBSA winter training teams must participate under the overall direction of the VP Player Development and Training and adhere to PRBSA Board approved winter training guidelines including but not limited to: selection of players and coaches, facilities used for practices and games, use of the Pine-Richland team name and uniforms, and coverage under PRBSA insurance.
6. Each Age Group Team Coordinator (AGTC) will be selected by the Director of Winter Training. The previous summer's tournament team coaches will be given the first opportunity to coach the winter training teams. The AGTC and coaches within each age group will need to work together to ultimately select head coaches and decide how they want to invite players and separate into teams.
7. Any exception or modification to these mandatory requirements must be PRBSA Board approved.

Suggested Player Invitation Requirements:

1. Due to a limited number of available slots as a result of indoor facilities, coaching staff, team balance, cost, etc., each AGTC and coaches can decide how many total players he would like to invite.
2. Each AGTC and coaches should strive to assemble at least one competitive team (A team) or invite enough players to separate into an “A” and “B” level team.
3. Winter training does not involve tryouts; therefore, the AGTC and coaches should consider extending invitations to the following players and it does not have to be in this order:
 - a. Previous summer’s A and/or B level tournament team players,
 - b. Previous year’s winter training participates,
 - c. Any other player the AGTC and coaches would like to invite that he has seen play and believes is a good candidate for winter training and can improve the competitiveness of the team(s).
 - d. Others such as a new player that moves into the area and he is known to be a skilled player and/or his parent would like to coach and their involvement would be a benefit to the winter training program.
4. If an AGTC or coaches are asked by a parent if their son can participate in winter training and they do not fall into any of the above categories, it is acceptable to respond that there are a limited number of slots and depending on the response a spot may or may not be available.
5. Players should be asked to disclose any conflicts they may have with practices and/or games and that information can/should be taken into account by the AGTC and coaching staff for final player invitations.

The suggested invitation hierarchy above does not automatically indicate which team a player may be assigned to if the AGTC or coaches choose to separate into an “A” and “B” level team. The “A” and “B” level designation will be at the discretion of the AGTC and coaching staff. For example, if a player was a previous summer A team tournament player, there is no guarantee or requirement that he will automatically be invited and/or placed on an A level winter training team. The AGTC and coaching staff have the flexibility to invite and place players based on their opinion, competitive balance, the need or lack thereof of a specific positional player, or if a player has other conflicts, i.e. other concurrent sports, and will tend to miss practices that can tend to disrupt practice sessions, tournament preparation and the development of team unity.



Winter Baseball Training

Player and Coaches Attire

Players and coaches will adhere to the following requirements for attire:

1. **ALL** players will wear plain white baseball pants and purchase a green and white training shirt, green belt, green socks and PR tournament hat for wearing at all winter training practice sessions. The AGTC and coaches need to inform all parents of this requirement in advance of accepting a player into the winter training program and inform the parents of the probable cost. PRBSA will order the shirts, socks, belts and hats. Players must purchase the white pants separately.
2. If participating in tournament games, i.e. Sunday League or tournament(s), players must purchase a PR tournament vest.
3. Players and/or parents who do not wish to adhere to the player attire guidelines should not participate in the winter training program.
4. There will be one head coach and no more than 3 assistant coaches for each team. Each coach will need to have a PR coach's shirt and wear it to all practices sessions and games. As previously stated, coaches shall be approved by the Board.



Winter Baseball Training

Spring Tournaments

The following guidelines shall be considered for entering into spring tournaments:

1. Attempt to enter into a spring tournament with the goal to play some competitive games as a finale to the winter training season. No more than 3 spring tournaments are permitted and coaches should coordinate with in-house league directors in order to minimize conflicts with the in-house schedule.
2. A spring tournament gives the kids a goal to look forward to and helps with their overall motivation to practice and improve through the winter training season.
3. The Parma Bring the Heat tournament in April has been regularly attended by many Pine-Richland teams over the last few years.
4. A local tournament can be organized to play against some local teams in early/mid April.
5. Entering in an organized Sunday League against some local teams is another option.