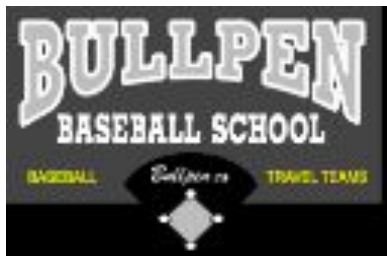


Baseball & Softball Academy Information Night

March 7th, 2018



Welcome to Garibaldi

- **Garibaldi Staff**
 - Darren Rowell - Principal
 - Tom Levesque - Vice Principal
 - Heather Holland - Teacher (Softball)
 - Kevin Whalan - Teacher (Baseball)
- **Ridge Meadows Minor Softball Association (RMMSA)**
 - Rob Hartford - President
 - Dawn Hartford - Administrator
 - Katelyn Ross - Head Coach
- **Bullpen Baseball School**
 - Fred Sabatine - Owner & Head Coach



Why an academy?



Why an Academy?

1. Benefits

- a. Expert Coaching & Instruction
 - i. Year-round optimal for skill development
 - ii. Access to indoor facility for training
- b. Support of other experts
 - i. Physiotherapist
 - 1. Program for injury prevention & stability/core
 - ii. Strength & Speed Coach
 - 1. Sport specific movement and optimization
 - iii. Inner Sports Leadership
 - 1. Sports Psychology for athletes
- c. Training during the school day
- d. School Credits for playing your sport
- e. Pursue your passion for sport
- f. Sports Lessons are Life Lessons!

District Survey

- 700+ responses
- Overwhelming support for both academies



- “Maple Ridge needs this. We have lots of great athletes that play this sport. We need to keep them here in our own community. I love this idea! Let’s keep our athletes here and give them these opportunities at home.”
(Parent Survey Feedback)



Parent Feedback

- “We are currently considering leaving our district to have our daughter play for an academy, but would rather she play in her own district. Maple Ridge needs this as we are losing so many talented players to other districts.”

(Parent Survey Feedback)



Parent Feedback

Academy Facilities

- **Garibaldi Secondary School**
 - Weightroom
 - Gym
 - Classroom
 - Field
- **The Warehouse (River Road & 240th)**
 - Indoor Training facility available Sept-June
- **Albion Sports Fields**
 - Weather permitting Fall & Spring



Academy School Course Credit & Curriculum

- **Students will take:**
 - 2 (of 8) Baseball / Softball classes for the year
 - 25% of their school time
 - Each course will be worth 4 credits
 - **8 credits** annually towards graduation
 - **200 hours of instruction annually**
- **What will student NOT take?**
 - Phys Ed (if student is in grade 8, 9, 10)
 - 1 less elective (Fine Arts / Applied Skills)



Academy Curriculum

- **Academy Curriculum**

- Based on Long Term Athlete Development Model developed by Sport Canada
- Training to Train (T2T) Phase which consolidates fundamental skills and introduces more advanced skills and tactics/strategies specific to Softball / Baseball.
- The focus is on transferring the performance of skills developed in training into the competitive environment with a greater focus on optimal team performance.
 - NOT a TRAVEL TEAM at this point
 - That is our short/long term goal!!



Academy Curriculum

- Also introduced and developed will be softball/baseball-specific:
 - mental skills/goal setting/team-building/socialization activities.
 - introduce game plans, pre-game, and game routines.
- **Assessment**
 - Students will receive a Letter Grade & % for these courses
 - Participation 25%
 - Personal skill development 25%
 - Knowledge of the game 25%
 - Athletic Leadership 25%



Registration Process

- **Garibaldi Students**
 - **BLUE** Academy Registration Form (Due April 1st at Garibaldi)
Deposit (Sept & June) due April 30th
- **SD42 Students (not attending Garibaldi)**
 - **BLUE** Academy Registration Form (Due April 1st at Garibaldi)
 - Transfer Form - at your HOME school prior to April 5th
 - Deposit (Sept & June) due April 30th
- **Non-SD42 Students**
 - **BLUE** Academy Registration Form (Due April 1st at Garibaldi)
 - **PURPLE** SD42 Registration Form (Due April 1st at Garibaldi)
 - Deposit (Sept & June) due April 30th

ACADEMY FEES

- **SOFTBALL \$1800 Annually (\$180 monthly)**

- **Coaching Fees**
 - Facilitator 1: (Head Coach)
 - Facilitator 2: (Ass't Coach)
 - Facilitator 3: (Ass't Coach)
- **Guest Speakers & Coaches**
 - Physiotherapist
 - Strength, Conditioning & Speed Coach
 - Inner Sports Training
- **Gear Package**
 - Academy Jacket
 - Academy Dry-Fit Shirts
 - Academy Hat
- **Transportation**

**Specific gear package subject to change

- **BASEBALL \$2500 Annually (\$250 monthly)**

- **Coaching Fees**
 - Facilitator 1: (Head Coach)
 - Facilitator 2: (Ass't Coach)
 - Facilitator 3: (Ass't Coach)
- **Guest Speakers & Coaches**
 - Physiotherapist & Speed Coach
 - Strength, Conditioning & Speed Coach
 - Inner Sports Training
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**Specific gear package subject to change

Head Coach - Katelyn Ross

- Katelyn was one of the first RMMSA players to receive an international scholarship.
 - Played 2 years for a Division 1 Junior College in Kansas
 - Played 2 years with Northwestern Oklahoma State University (NCAA D2)
 - Received her degree
 - Competed in the NJCAA national tournament
- Honored with many awards: golden glove awards, all conference awards, stolen base records, and on base average records
- Also assists with filming & recruitment videos
- Has a professional background with direct training levels in college athletics and the core values of training to play at a high competitive athletic level



Head Coach - Fred Sabatine

- 1985 Canada Games Bronze Medal Winner
- 1986 Awarded a scholarship to University of Nevada-Reno
- 1988 College World Series NAIA
- 17 years Bullpen Owner & Instructor
- Current - New Westminster Little League Association -
Technical Director
- (Former) Douglas College Assistant Coach
- Inducted into the Central Washington Hall of Fame (2012)
- Website: bullpen.ca



Q & A

