



**Program News**

- **Pitching Winter Classes and All Skills Winter Classes** are still available Wed and Thursday for Ages 6-12.
- **Saturday Morning, Advanced Skill Class, Ages 9-12** still available.

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## Comparing the Recruiting Process to the Dating Process

by: Jim Wladyka - *Wladyka Baseball*

There are many similarities between the recruiting process and the dating process. They both develop in stages, they both occur over a period of time (see dictionary definition of the word "process") and they both, hopefully, result in a lasting relationship.

### INITIAL MEETING

**DATING:** A group of guys and girls go out to a high school sporting event together.

#### COMPARISON

**RECRUITING:** A group of players and a group of College Coaches attend a Showcase event.

### SECOND GROUP GET TOGETHER

**DATING:** The next time the group gets together, one of the guys (Joe) pairs off with one of the girls (Joan) and they decide to go on a future dinner date.

#### COMPARISON

**RECRUITING:** After the showcase, a College Coach decides to come and watch one particular player (Matt) perform in a game setting.

### PHONE, EMAILS AND TEXT

**DATING:** After the dinner date, Joe and Joan talk on the phone, text and email back and forth in the hope of learning more about one another and building a relationship.

#### COMPARISON

**RECRUITING:** After the game, the College Coach contacts Matt to talk about the game, discuss his academic standing and college plans, and to learn more about him as a person in general.

### FUTURE MEETINGS

**DATING:** Joe and Joan go on a series of dates and realize they have feelings for one another.

#### COMPARISON

**RECRUITING:** The College Coach goes to watch Matt's practices and workouts.

### COUPLE

**DATING:** Joe and Joan communicate more frequently and hangout with each other's friends

#### COMPARISON

**RECRUITING:** An unofficial visit where Matt and his family visit the College, tour the campus, observe a game, scrimmage or practice and converse with some players.

### MEETING THE FAMILY

**DATING:** As the couple's relationship becomes increasingly serious, Joan decides to bring Joe home to meet her parents and siblings.

#### COMPARISON

**RECRUITING:** Matt goes on an official visit to the college where he meets the entire coaching staff, team trainers and the players. Matt stays overnight in the dorms, attends a practice with the team, sits in on a class, eats in the dining hall, socializes with the players, etc.

### ENGAGEMENT

**DATING:** The couple decides to get married after Joe proposes to Joan and she says "yes".

#### COMPARISON

**RECRUITING:** A college coach offers Matt a scholarship or fi-

nancial package and Matt verbally accepts.

*An engagement and a verbal commitment are not binding but are friendly agreements.*

### MARRIAGE

**DATING:** Joe and Joan tie the knot.

#### COMPARISON

**RECRUITING:** Matt signs his National Letter of Intent to attend a certain College which is a binding contract.

### [www.wladykabaseball.com](http://www.wladykabaseball.com)

Pre-Season Talent Showcases Sunday, February 19 AND Monday, February 20 (President's Day)

at the Superdome Sports Bubble in Waldwick, NJ  
College Scouting & Recruiting Service

### JIM WLADYKA

Camp Pitching Coordinator and Head Coach for Wladyka Baseball Clubs

Pitching Coach at Don Bosco Prep HS

Recently completed his fourth year of professional baseball. Has pitches in the Mets, Royals and Rangers organizations  
Received Pitcher-of-the-Year Award for the Kingsport Mets (2005)

Former College Pitcher at St. John's University where he was named "Big East Scholar-Athlete" 2001 First Team All State Selection while at Rutherford High School.



## Preparing cold climate pitchers...

If you follow the so called rule book with a pitcher you might hear something like this.. Day 1 (Game Starter), Day 2 (Rest), Day 3 (Stretch and Run), Day 4 (long Toss), Day 5 (Bullpen Session). That is pretty much the routine in the "Pitchers Routine Handbook." I agree with that philosophy if you live in warm climate, your season starts in February, and you games are spread out with 2-3 games per week. But what about the cold weather teams who don't play a game until March, you play 5-6 games per week, and your season only lasts a month. The 4 day between start philosophy was designed to never burn out a pitcher and give viable rest in between starts. Throwing a baseball everyday has never hurt anyone's arm as long as the pitcher or the coach regulates the effort of each pitch thrown. Once we start practicing in January from day 1, our pitchers will throw bullpen sessions 5 days per week off a mound. The key to this philosophy is regulating the effort or each pitch per bullpen session. Drills and conditioning are always mixed in to a weekly routine but nothing makes a pitcher better than throwing a baseball to a catcher with the feel of a pitching mound under his feet. 5 bullpen sessions in a weeks time are usually limited to no more than 40% effort and gradually working the percentages up and down for the following weeks.

These are the hard facts of this philosophy that I have noticed since applying this method. Keystone College has not had a season ending arm injury or surgery in the past 8 years. Pitchers arms are more in

shape, stronger, and it prepares them for week 1 of the season. What does this mean? Instead of a low pitch count on your first start of the season or limited to only 3 innings on your first start, our pitchers are able to throw more pitchers and go longer innings on their first outing of the season. Pitchers are also able to bounce back sooner rather than giving them that extra day off. The result of this really pays off on the early season spring trip. Instead of your bullpen guys starting games 5, 6, and 7, your starting pitchers are now all getting 2 starts each on your trip and like I said earlier, they are working off higher pitch counts and pitching deeper into the game. In California and Florida a pitcher can pitch once per week and because there season is so spread out that pitcher might end up with 12 or more starts on the season. How can a pitcher from Pennsylvania who's season begins in March and only lasts for 6 weeks get 12 or more starts. If you do the math based on the pitchers guide book, its impossible without preparing your pitcher in the way we do.

Coach Jamie Shevchik  
Head Coach at Keystone College from 2001 – Present  
Manager of the Danbury Westerners in the New England Collegiate Baseball League from 2007 – Present

At Keystone College

- Record 354 Wins, 102 Losses
- 10 (30 Win Seasons)
- 3 (40 Win Seasons)

- 8 Straight Conference Championships
- 5 Straight NCAA Regional Appearances
- 1 NCAA Division III World Series Appearance (2011)
- 8 Straight Conference Coach of the Year Honors
- 14 players have signed professional contracts, 10 of those players have been in the past 2 years.
- 7 players were taken in the MLB Draft, 6 of those players were drafted in the past 2 years.
- Currently ranked # 5 in the nation by D3baseball.com

# Welcome to the new era in High school baseball.....

## SMALL BALL!

By: Chris Roof

Waiting for that big inning or the three run homer like former major league managers Earl Weaver and Joe Torre did for years is over. Welcome to the small ball era in high school baseball. All high school baseball coaches should have a new philosophy. That philosophy should be, spend more time working on the little things offensively. These things or "weapons" can help you win games.

With the new "BBCOR" bat, many college coaches who have used these bats for the last year already say it's a little bit better than swinging a wooden bat, but this BBCOR bat has a much significant smaller "sweet spot" than the older aluminum bats. For example, the legendary University of Texas baseball coach, Auggie Garrido gave an example of how his 2010 team hit 65 fewer home runs with the new BBCOR bat compared to 2009 with the old, now illegal bats.

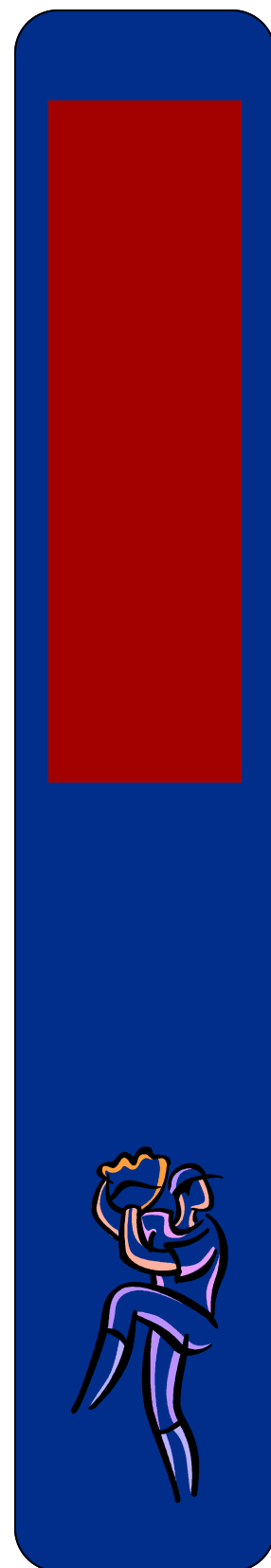
The days of seeing a 5'7 150 pound infielder hitting a 400 foot home run on a check swing is over. Thank God! Me personally as a Varsity baseball coach the last 10 years, I'm all for BBCOR bats. The analogy I give my players is we're going from using that ridiculous big red wiffle ball bat, to now the yellow traditional one. These bats when it's all said and done will make today's high school baseball players better overall hitters. It will help Professional scouts and college coaches better judge the players talents they're recruiting or

drafting. With that, today's high school baseball players better become accustomed to bunting and squeeze bunting and also knowing how to handle the bat while executing a hit or slash hit and run.

All and all, this will make the game of high school baseball a heck of a lot better and quicker!

By: Chris Roof

- ◆ 2011 NJSIAA Group 2 State Champions
- ◆ Finished #6 in the state (Star Ledger)
- ◆ 2011 NJ state Coach of the Year





## Summer 2012 Full Count Baseball to Offer College Prep Softball Club

Based on the introductory run at things last year, Full Count is going to participate and compete regionally this summer in both 16u and 18u Tournaments. We will follow the same club principles that have given us success with our Baseball Clubs. I hired a very good teacher that had a very good playing career, (see full details of Coach Lyndsey's All-American Career at [www.full-countbaseball.com](http://www.full-countbaseball.com)) and is interested in creating life long lessons for the young ladies that are in our club. The club will compete in 7 different regional tournaments throughout the summer, full winter training, and be the first group of players that we will work with to become prospects at the college level for classes 2013, 2014. I had asked Coach to establish some of the core principles that she understands to be mandatory for a player to become a Full Count Softball Player, and these are what she came up with. I was so impressed, that I wanted to share it with other softball / baseball coaches, teachers, parents anyone that was interested. It is a true testament to not only what Full Count as a group believes in, but what many champions believe in. Anybody interested in more information about full Count Softball or Baseball Programs, please contact us at [info@full-countbaseball.com](mailto:info@full-countbaseball.com) or [info@full-countsoftball.com](mailto:info@full-countsoftball.com)

Full-Count Softball Program  
Outline

Goal: The goal of Full-Count

softball is to provide young student-athlete girls, through competitive softball, the opportunity to develop the personal attributes of commitment, dedication and integrity, and life-long skills of leadership, sportsmanship and teamwork that are needed to be successful adults.

1. To foster an understanding in the student athlete that athletic participation is a privilege, which requires responsibilities of striving to be successful within her education.

2. To instill athletes the overall knowledge of the game and develop importance in being positive role models.

3. To allow each athlete to understand the importance of hard work, dedication, confidence, team concept, and self-disciplined which is applied to life's everyday activity.

4. Allow each athlete to develop and improve the skills of softball and become accustomed to the next higher level of play.

5. To develop a competitive team with a desire to win.

6. While we believe that winning is important, we will never measure a season by wins and losses. Winning at any cost does not represent the primary goal of our program. Our basic belief is that it is more important to teach and develop than to win. Keep in mind that this should not be misinterpreted as any less of a commitment to winning, however, we are much more concerned about our player's development than the number of tournaments we win.

7. Athletes to understand sportsmanship while participating in a competitive program.

8. Maintain an atmosphere in the softball program, which will encourage growth mentally, physically, socially, and morally in each athlete.

9. The athlete is to allow herself to be coached. Treat all coaches with the utmost respect.

10. We will promote the triangle of respect. One side of the triangle being respect for peers, the other side of the triangle being respect for authorities, and the base or foundation of the triangle being respect for oneself.

11. We emphasize the importance of family support, performance in the classroom and commitment to the team. We expect our athletes to succeed in the classroom as well as on the field and to uphold the traditions and values of school both now and in the future.

12. "You carry on no matter what are the obstacles. You simply refuse to give up - and, when the going gets tough, you get tougher. And, you win." -- Vince Lombardi

Coach Lyndsey Nadonly

## Mission Statement

“Our mission is to educate and improve youth baseball and softball players in the fundamentals of the sport using professional curriculum and evaluative methods by experienced teachers”



Visit us on the web:  
[www.full-countbaseball.com](http://www.full-countbaseball.com)