

## CLINIC INFORMATION

The Maryland State Association of Baseball Coaches is excited to host the 2016 Youth Baseball Coaches Clinic at Gaithersburg High School.

The clinic will be focusing on preparing the youth level coach in the areas of practice planning, proper player warm-up, pitching, catching, baserunning, infield, hitting, the mental game and coach-parent interaction.

Speakers at the clinic range from current high school coaches to professional coaches and will be sharing their personal approach on developing their players through drill work and mental preparation.

[www.marylandbaseball.org](http://www.marylandbaseball.org)



## MSABC

### MISSION STATEMENT

The mission of the Maryland State Association of Baseball Coaches, a not for profit organization, is to promote, unify and develop amateur baseball and its coaches, players and parents throughout the State of Maryland. Our unwavering commitment is to challenge our players to develop academically and physically all while learning the importance of self respect, discipline, integrity, teamwork and sportsmanship.

We will accomplish this by:

Members - Maintaining the highest ethical standards and showing respect to our fellow members, schools, players and parents. Adherence to all local, state and national standards. Positive interaction with players, parents and communities or municipalities. Commitment to continued education as it relates to all aspects of the game of baseball or management thereof.

Providing a cooperative and open forum for coaches to share information, raise concerns and debate issues influencing the promotion, unification and development of amateur baseball in Maryland.



2016

### MSABC Youth Baseball Coaches Clinic

January 30th, 2016

10:00am-2:30pm

Gaithersburg High  
School

101 Education Blvd.  
Gaithersburg, MD 20871



## Clinic Schedule

<u>Time</u>	<u>Session</u>
<b>9:30</b>	Registration check-in
<b>9:55</b>	Introduction-MSABC
<b>10:00</b>	Practice Planning
<b>10:30</b>	Baserunning
<b>11:00</b>	Hitting
<b>11:30</b>	Pitching
<b>12:00</b>	Catching
<b>12:30</b>	Infield
<b>1:00</b>	Strength & Conditioning
<b>1:30</b>	Mental Game
<b>2:00</b>	Coach and Parent Interactions
<b>2:30</b>	Wrap-up

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Maryland State Association  
of Baseball Coaches

## Speakers

<i>Ty Whittaker</i> MSABC—President “Welcome message”
<i>Joe Palumbo</i> Archbishop Spalding Head Coach
<i>Frank Hood</i> Arundel HS Head Coach
<i>Adam Schlenoff</i> Johns Hopkins Asst. Coach
<i>Brian Femi</i> St. Michael’s HS Head Coach
<i>Dave Warrenfeltz</i> Williamsport HS Head Coach
<i>David Harris</i> Kenwood HS Head Coach
<i>Joe Griffin</i> LA Angels Strength & Conditioning Coach
<i>Doc Drewyer</i> Laurel American Legion Head Coach
<i>Adam Leader</i> Reservoir HS Head Coach
<i>Jeff Rabberman</i> Gaithersburg HS Head Coach

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Maryland State Association  
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## Clinic Registration

Register online at  
[www.marylandbaseball.org](http://www.marylandbaseball.org)

Or complete the form below  
and mail to :

**MSABC**

**1100 Mace Ave.**

**Essex, MD 21221**

Checks should be made out to  
MSABC

Cost: \$25

Name: \_\_\_\_\_

School/Team: \_\_\_\_\_

Email: \_\_\_\_\_

### Questions?

Contact Clinic Coordinator Ryan Wolfsheimer

[rwolfsheimer@bcps.org](mailto:rwolfsheimer@bcps.org)

[www.marylandbaseball.org](http://www.marylandbaseball.org)



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