



# Kanata Cubs

## 15U Bantam Rep Baseball



Welcome to the 2020 Baseball season!

My name is Robert Turcotte. I have been involved with Kanata Baseball for quite some time!

- Played in Kanata Baseball and Softball and Kanata Little League Baseball from 1980-1989
- Coached my first Major All-Star "B" team in summer 1989
- Coached Rookie - Minor House and All-Star
- Kanata Baseball VP Player Development for one year
- Kanata Baseball VP Operations for two years
- Was one of the first directors of NCOBA bringing OBA baseball back to Ottawa
- Coached Rep Minor Mosquito to Minor Peewee
- Senior umpire for Kanata Baseball and Seaway Surge for the past 4 seasons
- OBA Coach Trained to Bantam Level

I am extremely excited to be taking on the role of Head Coach for the 2020 15U Rep Cubs team!

Rily Post will join me as an assistant coach. He is currently a student at Hibbing College in Minnesota playing baseball with the Hibbing Cardinals. His school year ends the first week of May when he'll return to help train our players on-field. Rily played baseball locally with the Kanata Cubs and with the Ottawa Knights organizations.

Other assistant coaches will be named once the team is formed.

Here is a general plan for the upcoming season along with some coaching philosophies, strategies, and expectations for the team.

Although I am competitive and want the team to win, I believe every kid deserves to play in any situation. To grow, these kids need to experience both the highs and lows our game offers. Your players will be part of a positive environment where coaching staff and technical advisors will focus on the values of respect, teamwork and putting team success ahead of personal gain.

For this age group, Canada's long term athletic development model (<https://www.baseball.ca/files/ltad.pdf>) recommends that players still split time over the course of a season (8 month baseball season) to 60% practice and 40% competition. It also recommends that players are aware of the skills required to play all positions but narrow their focus to 2 or 3 key roles by season's end.

Since our goals are primarily about development and continuous improvement, my plan is to give all players equal playing time over the course of the season. This does not mean all players will play equally in a single game. During highly competitive situations such as tournament and playoff games, players may see some unequal playing time.

**Tryouts:**

Although I am observing all try out sessions, I am not marking any of the stations. No parents are contributing marks where their child is competing for a placement. There will be coaches from different age levels evaluating at our tryouts to ensure a fair and objective process. I am looking for players who demonstrate enthusiasm for the game, a positive attitude, athleticism and a variety of baseball skills.

### **Spring Training:**

Spring training will start right away once the team is named. I will host a parent-meeting on February 1st at Beckwith while the team has some "free-time" on the field.

Indoor practice space large enough to host 15U players is difficult to find. We have Beckwith booked every Saturday Feb 1 until the end of April. At Beckwith, we can focus on specific baseball skills and prepare for the season to come.

Tyler Roth is contracted to provide us baseball-related physical conditioning classes twice each week for 12 weeks. His program is based on the demands of past programs run at the Cub House with focus on strength, power and speed. These sessions will be offered at GoodLife Fitness on March Road. Tyler is offering a free class on Monday, February 3, to introduce the families to the program and answer questions.

### **Regular Season:**

- Games:
  - Local OBA teams to play include Ottawa Whisky Jacks and Seaway Surge. With the limited competition, we will be playing in the EOBA. Hope to have a 20-24 game schedule.
  - Some exhibition games against Gatineau teams - preferable Midget A as they play on the same size field.
  - Some exhibition games against the 14U teams from Kanata and perhaps Seaway.
  - One or two exhibition games against the Ottawa Patriots Bantam team.
  
- Practices:
  - The team will have 1 and occasionally 2 practices each week. A mix of drills and game situation strategies are the general plan for our on-field practices.
  - Pitchers will be given a recovery plan to work on independently and at practices ensuring they remain strong and healthy all season.
  
- Off time:
  - June 29 - July 5 (Could change to another week if team wants to participate in Surge tournament July 3-5)
  - August 1 - August 7

### **Tournaments:**

Tournament participation will be determined in early Spring. It should be a team decision but my target is 1 or 2 away tournaments in addition to our Kanata hosted tournament (currently scheduled June 26-28). We do take into consideration the location/distance but our priority is finding opportunities where we can be competitive and challenged to win.

Our team may also win a spot in the Provincial Championships which will take place over the Labour Day Weekend and will be in either Guelph (A) or Kemptville (AA).

***Important to Note: By accepting an offer to play for this team you are committing to the 2020 Provincials Tournament should the team qualify.***

**Cost Expectations:**

Fees for the upcoming season are broken down as follows (please note that fees are still being finalized and this provides a guide only as to what fees could be):

- Winter Fieldhouse Training – \$115-\$130
- Roth Premier Baseball Training - @ \$250 for 24 sessions
- Kanata Baseball Association Regular Season Registration - \$450-\$500
- Team Fees - \$300-\$350 (covers tournament entry and other team and player development costs)
- Uniforms – Cost of uniforms depends on items needed by the player, and will be reviewed at the initial parent meeting

**Fundraising/Sponsorship:**

To be discussed at initial parent meeting. All fundraising and sponsorships will offset the estimated costs and will be applied to Team Fees first. I strongly encourage families to seek out sponsors from favorite local businesses or employers. KBA will happily promote sponsors where the donation is over \$250.

If you have any questions, please feel free to contact me directly at [15U@kanatabaseball.com](mailto:15U@kanatabaseball.com) or (613) 324-8674. I am looking forward to a great season in 2020!

Coach Bob