

October 30, 2013

Parents of MVHS Baseball Players,

Recently I communicated that the Captains and I were researching some options for non-MVHS affiliated baseball training options for this coming winter. That work is concluded; information is attached.

To review, we strongly encourage students to participate in multiple sports at MVHS. You learn to compete, athletic skills are transferable, you learn different roles, and you experience different teammates. This all helps in baseball. Thus, If your son is participating in a winter sport, great! That should be the priority!

If they are not participating in a winter sport, we encourage them to work towards being stronger/faster, and to improve their baseball skills. Options to consider include:

1. MVHS Weight Room – Supervised on M-W-F immediately after school. There is no charge for this.
2. Captains Practices – M-W 8:30PM -10:00PM @ MVHS beginning January 6. This is supervised by parents with baseball background. There is no charge for this.
3. Non-MVHS Affiliated Programs for MV Baseball Players – *Complete Game* and *PHD* are two organizations that have very strong ties to the MV baseball community. They are both willing to support MV baseball by offering small group training options for MV baseball players this winter. I know that some of the upperclassmen have been talking about *PHD*, and some of the underclassmen have been talking about *Complete Game*; thus if you want to do a program and are unsure as to which program to pursue, perhaps that is a guide for you. That said, both organizations do a great job, and it is totally up to each player and parents. Flyers for both organizations are attached to this email, and there are also copies at the Baseball Bulletin Board at school.
4. There are many other clinics, camps and 1-1 training opportunities out there that people take advantage of; these are certainly beneficial.

When players ask me what they should do, I tell them that most importantly they should develop a plan they are excited about, and truly committed to following through with. I am more than happy to talk with any player about their goals and plans for the upcoming winter if they want some help with it.

Again, while some form of winter training for baseball players not playing a winter sport is encouraged, any winter baseball training is totally optional and at the discretion of the players and parents.

Thanks,

Mark Downey

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