

2010 MEDICINE HAT LITTLE LEAGUE ASSESSMENTS

Thur April 8	Major 11 & 12 yrs	A to H I to P Q to Z	6:00 to 7:00 7:00 to 8:00 8:00 to 9:00	<u>IMPORTANT</u> Players <u>must</u> bring clean footwear to change into before going onto the fieldhouse turf. INFO: Little Sluggers 5 & 6 yrs do not attend assessments League Director organizes coaches and placement of players Coaches will then notify players of first practice and game schedule

Sat April 10	Kid Pitch * 9 yrs Pitching assessments Instruction provided.	A to H I to P Q to Z	10:00 to 11:15 11:15 to 12:30 12:30 to 1:45	
Sat April 10	Minor 10 yrs & 11 yrs ** not drafted to Major	A to H I to P Q to Z	1:45 to 3:00 3:00 to 4:15 4:15 to 5:30	

Sun April 11	Parent Pitch 7 & 8 yrs	A to H I to P Q to Z	10:00 to 11:15 11:15 to 12:30 12:30 to 1:45	
Sun April 11	Junior 13 yrs	A to M N to Z	2:00 to 3:15 3:15 to 4:30	
Sun April 11	Senior 14 to 17	A to M N to Z	4:30 to 5:45 5:45 to 7:00	

Mon April 12	Kid Pitch All 9 yrs plus 10 yrs *** not drafted to Minor – Hit & field	A to H I to P Q to Z	5:45 to 6:45 6:45 to 7:45 7:45 to 8:45	

ALL ASSESSMENTS ARE AT THE FIELDHOUSE LOCATED IN THE CYPRESS CENTER AT THE STAMPEDE GROUNDS AND KINPLEX ARENA AREA.

NOTES: * Kid Pitch (9 Years old) players are to attend 2 assessments. One on April 10th & the other on April 12th. All 9 yrs olds to play in Kid Pitch division & develop pitching skills.

** 11 year old players who do not receive a call to inform they have been drafted to a Major team by Sat am are to come to a second assessment for the Minor Division on Sat April 10th as per Minor alphabet list.

*** 10 year old players who do not receive a call to inform they have been selected to a minor team by Sun night are to come to a second assessment for the Kid Pitch division on Monday April 12th as per Kid Pitch alphabetic list.

PLEASE SEE OVER - LTAD coaching clinics for (1) 5 to 8 yrs coaches & parents and (2) 9 to 12 year old coaches/parents. Two separate sessions Sat, April 17th. **Please attend.**

The Alberta Amateur Baseball Council (AABC) in cooperation with Little League Alberta, and Sport Canada are excited to announce the 2010 Long Term Athlete Development (LTAD) Skill Training Clinics for baseball coaches, parents, and players at the 12 and under level, for leagues across Alberta.

For the second straight year, beginning in February 2010, the AABC will be hosting Long Term Athlete Development clinics throughout Alberta. The AABC will be advising coaches and parents of modern, transferable skills that will allow a child to become proficient in a number of different sports, thus increasing a child's chances of being physically active throughout his/her lifetime

Long Term Athlete Development (LTAD) is a systematic approach adopted by Baseball Canada to maximize a participant's potential and involvement in sport. The LTAD framework aims to define optimal training, competition and recovery throughout an athlete's career to enable him/her to reach his/her full potential. Research has shown that it is during childhood that people are best at learning physical skills; for this reason the Alberta Amateur Baseball Council (AABC) is advising leagues across Alberta to take full advantage of this opportunity to ensure their young athletes are learning sport movements and skills that will further their success in athletics. The coaches, parents, and players are the key stakeholders of your organization; therefore you need to ensure your league is positioned to provide them with high quality learning experiences.

The LTAD Skill Training Clinic instructors are knowledgeable baseball individuals who have both played and coached at the collegiate level. The instructors are looking forward to the opportunity to pass on valuable knowledge and get young athletes, and amateur coaches excited about the game of baseball.

LTAD Coaching Clinic

Saturday, April 17th @ Notre Dame School Gymnasium (646 Spruce Way SE)

10:00 to 12:30 – coaches & parents only of 5 to 8 year olds

Fundamentals Module This is an entry level program based on a 2 – 2.5 hour coaching clinic that will provide the information coaches and parents need to get their 5-8 year old excited about the sport of baseball. The clinics will be based on the AI & AI Baseball Getting Started Program as well as the Sport Canada Fundamental Module. The information will be provided in a fun and interactive way so that participants can easily take in the information and then apply it to their team or even a backyard session with their son or daughter.

This is a key element to ensure your league is positioned to offer a critical group of player a POSITIVE experience as a first impression into the sport of baseball.

1:00 to 3:30 – coaches, parents & players of 9 to 12 year olds

Learning to Train Module This is the second level of the LTAD Training Program. At the second level module, we are asking athletes aged 9-12, and coaches/parents involved in the 9-12 year old age category to attend the clinic. The clinic will be composed of a 2 - 2.5 hour training clinic focused on specific sport movements, techniques, and skills. The Learning to Train Module will also introduce athletes to sport conditioning and strength training exercises.

Based on Sport Canada's "Learning to Train" module, the information provided will give attendees an important insight into key methods and research used to enhance sports specific skills, and knowledge as a coach or parent. This module can be a major asset to your organization's participants. The Learning to Train Clinic is guaranteed to be a POSITIVE experience for your league. We urge you to give your players, coaches, and parents the opportunity to acquire this valuable information!