

BATTERY PARK



**NEW SUMMER
CAMPS**

A Sterling Reputation!

JULY SIGNALS

A Few Subjects Kick Off the Summer

- ★ **Full Day Camps**
- ★ **Pitching Coach
Conference**
- ★ **Waiting Patiently for
MLB**
- ★ **Are We Playing Too
Much**

Camps Begin July 12 With Rides

Hopefully by now your summer plans are being sorted out. We want to remind you of the 3 camps being taught this summer. Each year we try to figure out what players and parents really want and need in camp design.

Nowadays there are many baseball camps to choose from reflecting many different types - from casual day care to serious instruction.

We hope we have provided you with the information you need to make a sound choice for your child. But please call if you need to get more detailed information about camp routines.

As always, we strive to provide professional instruction so that players truly learn, while they are having fun. Convenience plays a big part in camps this year with our transportation service to camp.



John and Tom Holliday, University of Texas, Pitching Coach

John's Home

Many of you have asked about John's absence from Battery Park. Well, he's been on the road for much of the spring. His baseball responsibilities took him to Chicago, where he met with the White Sox Academy and Dr. Barry Seiller, MLB vision specialist; North Carolina for 2 weeks of training; Florida for 3 weeks of pre-draft training; and Omaha, for almost 2 weeks of College World Series coverage.

In a recent conversation at Battery Park a mom was very impressed but surprised to discover the effort we make to travel the country and meet with the leaders in baseball. We feel that our program and our students benefit in many ways from the contacts we build with colleges and professional instructors. Northern VA has come to rely on us to provide leadership in baseball training and college recruiting. John is always on the lookout for new training information. His friendship with legendary coaches provides a constant source of fabulous information that is quickly implemented in our school. **The one thing we all seem to have in common is: never stop learning.**

Chantilly Pitching Coach Conference August 13, 14 & 15

Last year's conference review surprisingly indicated that the college coaches in attendance wanted more contact with elite recreational coaches. The weekend draws big name coaches. Full details are on our web site, but here is the speakers list. How can you turn this opportunity down? We hope that you can take advantage of this outstanding conference.

*Brian O'Connor - University of Virginia, ACC
Coach of the Year*

*Tom Hanson – Author of “Heads up Baseball”
with Ken Ravizza*

Paul Nyman – Velocity Coach

Derek Johnson – Pitching Coach, Vanderbilt

Ross Jones – Pitching Coach, Florida

Karl Kuhn – Pitching Coach, Virginia

*Dr. Mike Towarnicky – MD, Shoulder
Research*

John Pinkman – Teaching Professional

*Vicki Galliher – Sports Nutritionist, ATC,
ACSM*

*Jennifer Gamboa – Physical Therapist, MPT,
OCS*

Success Stories

When John started Pinkman Pitching he had 4 goals in mind:

1. **TEACH** – Make sure everyone learns and improves in their game.
2. **BE THERE** – Provide a continual and consistent professional resource that families could rely on year after year.
3. **BECOME A PLAYER ADVOCATE** – Work tirelessly to send more players to college.
4. **NEVER STOP LEARNING** – Find the best people in the game to continue his education. Combine old school values with new school technology.

As a result, we have grown and enjoyed lasting relationships with many of our players and their families from many regions for many years. Ask any committed teacher and you'll find that their ultimate professional reward comes from the success of their students.

Here are a few of those success stories sent to us this season....all ages, all sizes.

Joe Bauserman – 6 years with us, 112th pick in the 4th round by the Pittsburgh Pirates. Lincoln HS, Tallahassee, FL. John spent 2 weeks with Joe and his family in Florida preparing for the draft. Joe, the #2 rated pitcher in Florida, faced off against the #1 pitcher at the All State All Star Game in Sebring, FL. Over 60 pro scouts were there. Talk about pressure!

Greg Goldsmith – Falls Church LL. Pitched a perfect game in his first appearance this season.

Ben Regan Sachs – Sophomore at Bethesda-Chevy Chase HS, 2 year varsity starter. In his first game this season threw a no hitter.

Jonathan Rapavi – Over eight years with us. Senior at Hayfield HS. Threw back to back no hitters; 1st in the Regional Playoffs, 2nd with his American Legion team.

Matt Walls - Senior at Bishop O'Connell HS. 7-1 with an ERA of 1.5, 2nd team All State

David Acosta – has one of the most devoted & athletic single parent moms, 6 years with us, Falls Church HS. Freshman on Varsity, closer. Honorable Mention All District

John Maine – Frederick Keys, Baltimore Orioles. Former “Eagle”. O's predict him as top prospect for major league roster. No hitter early this season.

Byron Mendenhall – George Mason HS, Freshman in the starting rotation on Varsity. Many say he's #1. Pitched against...

Parker Neal – Sophomore, Strasburg HS. One of the best games played by either team all season saw a pitcher's duel with Mendenhall, the low scoring game made more competitive by Parker taking a no hitter into the 7th inning. It doesn't matter who won.

John Lloyd – Jr., Westfield HS. 5 years with Pinkman Pitching. All District, 2nd team All Region. Didn't give up one run in entire post season until the last inning of the State Championship game. That single earned run came on an error. 8-1 for the year, John didn't get a start 'til the 13th game.

Nate Glenn – Sr., Broad Run HS, 4 years with us. All District, 7-1, Honor Student

Danny Lombardozi – Soph. 5 years with us, Herndon HS. Starter in the rotation, with 85+ mph speed, projected as one of the top pitchers in the state next year.

Evan Frederickson – Jr., Oakton. 5 year Pinkman Pitching student. Will be top LHP recruited on east coast. Being recruited by Stanford, Florida, VA Tech, and UVA.

David Towarnicky – Soph, New Bern HS in NC All Conference, All Region. Became rotational hitter last winter producing 8 HR's. 6-10 in post season; 2

HR's, 2 doubles, a triples & a single. Hit grand slam to help the Bears into the State Tournament. .433 batting avg. & his .833. Led team slugging %

Joe Koshanski – College Sr., UVA. ACC Player of the Year. 6th round pick of the Rockies

Adam Warren – Jr., New Bern HS. All State 90+ mph. 4.3 GPA, Pre-med candidate. Together with Joe Sullivan, Jr. pitched team to state final four for 1st time.

Mike Mlotkowski – Jr., Oklahoma City College, 8+ years, three no hitters this season, Avg. 90-92 MPH. Turned down the draft this year with the Marlins to finish school

These are some of the outstanding performances we know of. Please share your stories and all college signings or verbal commitments.



“The Statue” in front of Rosenblatt Stadium in Omaha

College World Series

John, Jeff and Pat all went to Omaha this year to cover the CWS. It is a great time to network with coaches and really see some terrific college athletes. John's articles will appear for the next few issues of Collegiate Baseball News and will also be posted at www.pinkmanpitching.com The detailed video interviews with pitching coaches from Georgia, University of South Carolina and Texas will be up on www.pitchingtv.com very soon.

During our interview with Tom Holliday of Texas, he discovered the sophistication of video analysis and invited us to work with the Texas pitchers the next day at practice. Both the coaching staff and the players marveled at the on-field instant video review.



Interviewing South Carolina's Pitching Coach Jerry Meyers



Texas Bull Pen work the day before the Championship



Pat remembers the emotional rush of the big games & stadiums



One of UT's outstanding freshmen – who couldn't get into games because of the depth in Longhorn pitching

Are We Playing Too Much?

The following is an article sent to me by Steve Zawrotny, a teaching professional and strength coach in Oklahoma. We think you will find it interesting since so many of our students are involved with travel or independent teams.

We have noticed the same trend on the east coast that Steve reports. You should know that here is a lot of conversation across the country in the training and medical communities about this subject and how it relates to the new independent and travel teams explosion.

Perhaps you have heard of a concept leadership and management guru Stephen Covey calls 'Sharpening the Saw.' While he was aiming this idea to the business world, it has applicability to those who coach and play sports as well.

Basically, the concept goes like this:

Don't get so busy sawing that you forget to sharpen the saw. What happens to the saw while you are sawing?

It gets dull.

What happens when your saw becomes dull?

You can still saw, **but** the process becomes much less effective. The work is harder and takes longer - you just don't saw as well.

To bring this back to baseball and softball, I've noticed a trend that is not new, but may well be developing into a problem. The situation is the growing proliferation of travel teams at all age levels at nearly all times of the year. While things do slow down a bit in areas of the country with cold winters, in many places, baseball and softball are becoming nearly a year round activity.

First, there is the normal spring ball season. Practice for this may begin in January or February (in some places, even earlier), with games beginning in late March. The season continues until June, then summer league begins. This typically will run into August, and then school starts again.

In many areas of the country, this means Fall league ball. Practice for this often begins in August, and the

Fall season can run into late October.

So, you have 10 or so months of 'sawing' with young ball players, leaving perhaps two months to 'sharpen the saw'. I wonder if this is enough time for players to work on new skills development, along with appropriate strength and conditioning.

No doubt that the best way to improve in baseball and softball is to play a lot. This is why many of the best (but not all!) players come from warm weather states - CA, TX, FL and others. They simply have better weather allowing them to play and practice more.

But is there a point where the returns for all these games and travel diminish? Where it's time to stop and take some time to 'sharpen the saw'? I think there is. Consider the major league season: April - September, then the playoffs. Two teams go all the way to the World Series in October.

Therefore, the vast majority of big leaguers are playing about 5 months (admittedly, a LOT of games), not counting Spring training (pre season). And there are various winter leagues that certain players participate in for additional skill development.

But, while playing a lot of games in a relatively short period of time is physically demanding, the big boys have a LOT of down time with which to recover or Sharpen the Saw.

I submit that coaches and parents need to consider this idea carefully. It is well known that acquiring a new skill takes time, and that there is usually a decrement in performance as one learns and implements a new skill. That's why it's usually best to not make any major mechanical adjustments during the regular season. And, with all the games and practices during the regular season, coaches know it's tougher to provide a lot of individual attention to their players.

This is becoming more apparent by the increasing number of questions I get about how to implement a good all around Strength & Conditioning program during the season.: or how to fit in arm strength or bat speed workouts between games and practices. It can be done, but it's not easy.

Here are some key points to consider:

- 1) In what areas does your player(s) need to improve? Prioritize them.
- 2) Take the first priority (let's say it's running speed

improvement) and make it the first thing to work on after any skill work for that day. Skill work requires more precision as it is performed. For this to be most effective, one should not be tired or the skill work can suffer.

3) If your player has multiple areas where they need to improve, consider taking some time off from all the playing and games. Will missing Summer or Fall ball really hurt you, considering you'll be working on new skill development, along with S & C?

4) This brings us to the idea of 'active rest.' The athlete remains physically active, but in some other sport or activity than baseball or softball. This is sort of the 'cross training' concept, which allows the ballplayer to recover physically and mentally from their regular routine. As long as the ball player is staying active, most any activity will suffice.

Here's a basic format for a well rounded off-season S & C workout:

M - Strength, flexibility work

T - Power work, flexibility, energy system conditioning

W - S, F

TH - P, F

F - S, F

Sat - ES, F

Do any hitting or pitching mechanical work before these workouts, e.g., skill work in the AM, S & C work in the PM.

5) Let the energy level of your player(s) be your guide. If s/he is having fun, is full of energy and enthusiasm about their workouts, is not feeling unduly sore, etc., then let them go. On days they may be feeling tired and worn down, it's time for a day off. Just pick up at the next day's workout - don't worry about making up for the missed work.

Remember, everyone needs to stop and 'Sharpen the Saw' at some point. If it means not playing as many games in order to do so, so be it. The idea of taking one step back in order to more quickly take two steps forward is very legitimate and worth making a part of your player development program.

***Until next time,
Train Hard, Train Smart!***

Steve Zawrotny, MS, CSCS