

LOCKPORT PORTER BASEBALL

*Pride *Opportunity *Respect *Teamwork *Enthusiasm *Reliable *Self-Discipline

WINTER TRAINING INFORMATION

2013-2014

WHAT- Baseball Strength, Conditioning, and Mental Training

WHO- All Frosh, Soph, Junior, and Senior athletes interested in playing baseball

WHERE- East Campus Weight Room (K Hallway)

WHEN- Monday, Tuesday, Thursday (see next page for exact times and dates)

COST- TBD. Cost for all sessions and the mental training manuals will be divided amongst all participants.

CONTACT INFO- Coach Satunas 815-588-8597 asatunas@lths.org

WORKOUT INFO

- This training session is open to all prospective baseball players on the freshman, sophomore, and varsity level who are not participating in a winter sport.
- Each participant will have to pay a **TBA Fee**. This fee is due by **Thursday, December 5th**. Checks can be written to **LTHS Baseball Boosters**. In the past the fee has been between \$55.00 to \$65.00.
 - If the family/player has a hardship case, contact Coach Satunas at asatunas@lths.org or 815-588-8597 to discuss alternate ways to pay the fee. Not being able to pay the fee is not an excuse to miss workouts!
- All **48 training sessions** will be run by Nick Setta of **Setta Performance**. <http://www.settaperformance.com>
- Coach Satunas, a sophomore coach, and a freshman coach will assist Coach Setta with all workouts.

LATE/ABSENT FROM A WORKOUT

- If you are going to miss a workout because you are out of school, you must contact your level coach via email/voicemail **BEFORE** the absence occurs. Our program takes pride in all of our players being **ACCOUNTABLE**.
 - a. Varsity- Coach Satunas asatunas@lths.org 815-588-8597
 - b. Soph- Dan Blaskovitz dblaskovitz@lths.org
 - c. Frosh- Doug Chesna dchesna@lths.org
- Workouts will begin at the time listed below. If you are going to be late due to a school commitment, then you must contact your levels coach **BEFORE** the tardiness occurs.

GRADE BEHAVIOR AND EXPECTATIONS

- We take **PRIDE** in our grades and behavior here at Lockport and expect all of our athletes to strive to have a 3.0 grade point average or better. **The expectations set forth by our program require each student-athlete to:**
 1. **Treat others with respect and earn the respect of others.**
 2. **Take responsibility for their action.**
 3. **Do what they are asked to do, even when it's not what they want to do.**
 4. **Avoid transferring blame for their failures and focusing on how to do better the next chance they get.**
 5. **Work their hardest in the classroom, on the baseball field, and in their other activities.**
 6. **Conduct their selves in a manner that would make their family, coaches, teammates, and school proud to be associated with them.**
- All participants in the off season training program will have grade/behavior checks conducted on them.
- If an athlete has below a 2.0 GPA at any time, they will not be allowed to participate in workouts. An athlete can return to workouts when they have shown adequate progress towards bettering their grades.
- Behavior Issues will be dealt with on a case by case basis and may result in an athlete not being able to participate in workouts.

OFF SEASON CHAMPIONS COMPETITION

- Each individual involved in the off season workouts will be drafted onto a TEAM and will be able to earn awards as they progress through the "7 innings". When a player earns enough points, he will receive a bracelet, stocking cap, and t-shirt based on what level they achieve.
- The individuals will have the opportunity to earn points based on workout attendance, grades, TEAM competitions, community service, mental game manual assignments, Maroon Fridays, and other various activities such as attending tutoring days, reviewing baseball articles, and going to other special events.

Workout #	Date	Day	Time	Notes
1	11/4	Mon	3:15-4:30	NO FRESHMAN/SOPHOMORES
2	11/5	Tue	3:15-4:30	NO FRESHMAN/SOPHOMORES
3	11/7	Thu	3:15-4:30	NO FRESHMAN/SOPHOMORES
4	11/11	Mon	TBA (AM)	No School NO FRESHMAN/SOPHOM
5	11/12	Tue	3:15-4:30	NO FRESHMAN/SOPHOMORES
6	11/14	Thu	3:15-4:30	NO FRESHMAN/SOPHOMORES
7	11/18	Mon	3:15-4:30	
8	11/19	Tue	3:15-4:30	
9	11/21	Thu	3:15-4:30	
10	11/25	Mon	3:15-4:30	
11	11/26	Tue	3:15-4:30	
12	11/29	Fri	TBA (AM)	No School
13	12/2	Mon	3:45-5:00	Make Your Mark Toy Drive
14	12/3	Tue	3:45-5:00	Make Your Mark Toy Drive
15	12/5	Thu	3:45-5:00	Make Your Mark Toy Drive
16	12/9	Mon	3:45-5:00	
17	12/10	Tue	3:45-5:00	
18	12/12	Thu	3:45-5:00	
19	12/16	Mon	3:45-5:00	
20	12/17	Tue	3:45-5:00	
21	12/19	Thu	3:45-5:00	
22			TBA (AM)	Winter Break Workout 1
23			TBA (AM)	Winter Break Workout 2
24			TBA (AM)	Winter Break Workout 3
25			TBA (AM)	Winter Break Workout 4
26			TBA (AM)	Winter Break Workout 5
27	1/6	Mon	TBA (AM)	No School
28	1/7	Tue	3:15-4:30	
29	1/9	Thu	3:15-4:30	
30	1/13	Mon	3:15-4:30	
31	1/14	Tue	3:15-4:30	
32	1/16	Thu	3:15-4:30	
33	1/20	Mon	TBA (AM)	No School
34	1/21	Tue	3:15-4:30	
35	1/23	Thu	3:15-4:30	
36	1/27	Mon	3:15-4:30	
37	1/28	Tue	3:15-4:30	
38	1/30	Thu	3:15-4:30	
39	2/3	Mon	3:15-4:30	
40	2/4	Tue	3:15-4:30	
41	2/6	Thu	3:15-4:30	
42	2/10	Mon	3:15-4:30	
43	2/11	Tue	3:15-4:30	
44	2/13	Thu	3:15-4:30	
45	2/18	Tue	3:15-4:30	
46	2/20	Thu	3:15-4:30	
47	2/25	Tue	3:15-4:30	
48	2/27	Thu	3:15-4:30	
	3/4	Mon	TBA	1 st Day of Tryouts