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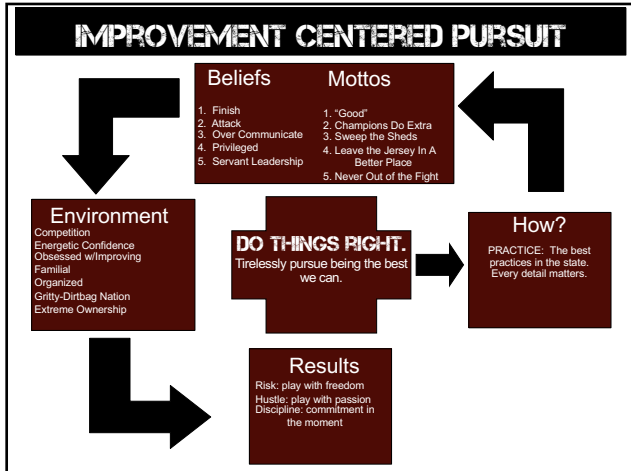
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Program Development

- C Team Emphasis: emphasis on fundamentals and weight room development
- JV Emphasis: emphasis on more advancing techniques and varsity emphasis
- Varsity Emphasis: collegiate style prep
- ALL teams will receive attention from head coach and program instructors.
- ALL individuals and teams are highly valued.

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Particular Areas of Focus

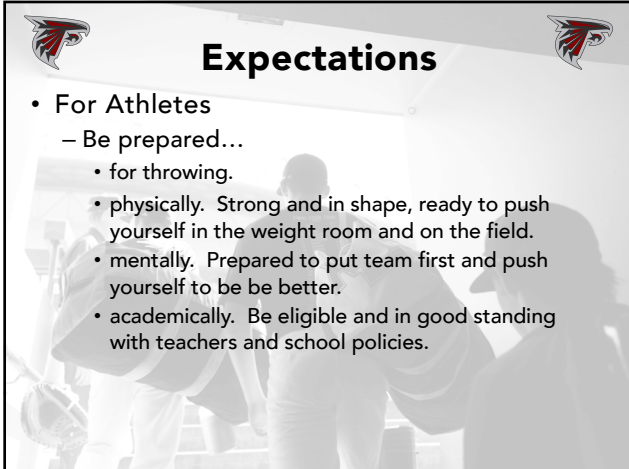
1. Arm health programs leading up to the season as led by our off-season captains.
2. Evaluation and helping players understand their roles.
3. Off-season lifting.

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Expectations

- For Parents
 - Support
 - Support the Staff → it's easier to do our jobs when you support what we are doing.
 - Support the Athletes → make yours and other athletes feel valued
 - Support Booster Club events, fundraisers, etc.

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Expectations

- For Athletes
 - Be prepared...
 - for throwing.
 - physically. Strong and in shape, ready to push yourself in the weight room and on the field.
 - mentally. Prepared to put team first and push yourself to be better.
 - academically. Be eligible and in good standing with teachers and school policies.

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Important Dates

- **Now:** Weight Rooms: Mondays/Fridays 2:30-3:15, Wednesdays @ 6:30am-7:15
- **January:** Preseason Throwing: led by off-season leaders.
- **February:** Field Work Days @ 10am (check website)
- **Early February:** Register on familyid.com, check with Mrs. Underwood in Athletics for more info.
- **Week of February 22:** Gym Set-Up
- **Monday, March 2-4:** Tryouts @ 2:30pm/4:00 (check website for exact groupings)
- **March 5:** Spring Spirit Store Opens (close following Wednesday, 3 weeks max delivery)
 - Fees for Player's Package; contact Coach Jaime if there is hardship: Due, Friday, March 6
 - Fees cover: practice shirts, plays wrist band, hat
 - Nike pants must be purchased for JV/V
- **Saturday, March 7:** Cardinal/Black Game @ Hogan Park
- **Early March:** Pictures: @ Cardinal/Black game & TBD
- **Friday, March 13:** OPENING DAY (C Schedule is TBD)
- **March 21:** Mattress Fundraiser
- **April:** Applebee's Fundraiser

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Come Join & Support the Kentlake Baseball Booster Club

Officers:

- Abby Biggerstaff, President
- Hollie Loghry, Secretary
- Brenda Peterson, Treasurer
- Dana Biggerstaff, Facilities & Score Keeper

Open Positions:

- President (2020-21 Season)
- Vice President
- Fundraising (single or all fundraising)
- Social Media Support (Twitter, Facebook, Instagram)
- Sr. Night Unveiling Support
- Facilities & Score Keeper (2020-21 Season)

To Contact:
KLBASEBALLBOOSTERS@GMAIL.COM

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Don't Forget...

- Get involved with Boosters!
- Don't forget to make sure your contact information is correct.
- Remember to check the website @ nsplathletics.org
- Weight rooms nows
- Throwing groups in January
- Pre-Season Players Meeting: February 11
- Fundraisers: March 21 & April ____

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