



- The Pony Express -

Volume 14 - Edition 5 The Newsletter of Morgan Hill Pony Baseball Morgan Hill, CA January 2006

2006 Season Coming Soon! Lots of Activity, Lots to Do

Happy New Year Everyone! With the Spring season rapidly approaching, everyone on the MHPB Board is running around trying to tie loose ends together. Let me bring you up to date on some recent goings on.

Registration: Registration-to-date numbers are running slightly behind schedule. This may be due to any number of reasons. But no matter the reason, it is time to get your child registered. Late registration is any registration received after January 14, the last walk-in or mail-in date without a penalty. Any registration received after the 14th is subject to a late fee of \$25.00. Please spare us and yourselves the embarrassment of having to ask you for the extra money. Just include it in your fee payment if you are late. Thanks!

Registrations can still be mailed to the MHPB Post Office box. Our mailing address is MHPB, PO Box 353, Morgan Hill, CA 95038. If you misplaced your registration form, you can print a copy from the MHPB website. Or you can come to a late walk-in registration.

We will be holding Late Walk-In Registrations at Mountain Mikes Pizza the following dates and times:

- Wednesday, January 18th – 7:30 PM to 8:30 PM
- Wednesday, January 25th – 7:30 PM to 8:30 PM
- Wednesday, February 1st – 7:30 PM to 8:30 PM

Player Evaluation Day: Like everything else this season, Player Evaluation Day has been moved up in the calendar. This year evaluations will take place at Britton Middle School on January 21st, with a rainout date of January 28th. Check the league phone (778-MHPB) if in doubt about the weather. **ONLY Mustang, Bronco and Pony Divisions** hold player evaluations. The schedule is based upon age and first letter of the last name.

- 9:00 AM – 10:30 AM First Year Players, A-L
- 10:30 AM – 12:00 Noon First Year Players M-Z
- 1:00 PM – 2:30 PM Second Year Players A-L
- 2:30 PM – 4:00 PM Second Year Players M-Z

(See 2006 Season – Lots to Do! Cont'd p. 2)

Dates to Remember

This should be a handy reference as the season progresses. Look for more info along the way.

- January 18, 2006**
- January 21, 2006
- January 22, 2006
- January 25, 2006
- January 26, 2006**
- January 28, 2006
- January 29, 2006
- January 30, 2006
- January 31, 2006
- February 1, 2006
- February 2, 2006
- February 4, 2006
- February 7, 2006
- February 8, 2006**
- February 8, 2006
- February 13, 2006
- February 16, 2006
- February 25, 2006
- February 27, 2006
- March 1, 2006
- March 4, 2006
- April 3, 2006
- April 14 – 21, 2006
- May 20, 2006
- May 21 – 24, 2006
- May 26-29, 2006
- May 30, 2006
- June 4, 2006
- June 17, 2006
- Late walk-in Registration Day #1
- Player Evaluation Day
- Sunday Spring Training Day 3
- Late walk-in Registration Day #2
- PCA Leadership Training
- Player Evaluation Rainout Day;
- FIELD DAY – Help Clean Up!**
- Sunday Spring Training Day 4
- Mustang Draft
- Bronco Draft
- Pony Draft
- First Aid Clinic
- Coaches Clinic – Skills & Drills #1;
- Team Practices Begin
- Positive Coach Alliance Workshop 1
- Scorekeepers Clinic #1**
- Late walk-in Registration Day #3
- First Aid Clinic
- Positive Coach Alliance Workshop 2
- Coaches Clinic – Skills & Drills #2
- Scorekeepers Clinic #2**
- Coaches Scorekeeping Class**
- Opening Day 2006
- Weekday Evening games begin
- No Games – Spring Break
- Last Day of Regular Season
- Reserved for make up games
- Memorial Day Weekend
- League Playoffs Begin
- Coaches Game Day
- City Championship Day (all Div.
- MHPB Board Election Day

NEW DATES / ITEMS / CHANGES NOTED IN BOLD PRINT

**** All Scorekeeping Sessions start 7:30 PM @ Mountain Mikes Pizza. Contact Joe Grove for Additional information.**

Sunday Spring Training open to all players 7 – 12 years
Location: Live Oak HS Baseball field.
Time: 10 AM to Noon
No signups required. Held Rain or Shine

As the season progresses, look for this column to post the training schedules for new coaches, including PCA, Coaches Clinics, First Aid training classes, and Umpire training .

Quotable Quotes:

“If you're not having fun in baseball, you miss the point of everything.” – Chris Chambliss, NY Yankees, First Baseman

(2006 Season – Lots to Do!)

Manager / Coach Training: Manager and Coach training have always been a significant part of MHPB. This year new Training Director Todd Branon has stepped it up a notch. Here is the Training Schedule for this season, including dates, times and places:

<u>Event:</u>	<u>Date</u>	<u>Time</u>	<u>Place</u>
PCA Leadership	Jan. 26	7:00 PM	Anritsu Corp.
1st Aid	Feb. 2	7:00 PM	Anritsu Corp.
Coach Skills	Feb. 4	9:00 AM	Live Oak HS
PCA Coaching	Feb. 7	7:00 PM	Sobrato HS
1 st Aid	Feb.13	7:00 PM	Anritsu Corp.
PCA Coaching	Feb.16	7:00 PM	Sobrato HS
Coach Skills	Feb. 25	9:00 AM	Live Oak HS
Scorekeeping	Mar. 1	7:30 PM	Mountain Mikes

*PCA = Positive Coaching Alliance
Leadership Class is for MHPB Board members
Coach Skills is a "Skills & Drills" class
PCA Coaching is mandatory class for all managers & coaches
LOHS – At the Varsity or JV baseball field
Sobrato – At the Lecture Hall, look for signs
Anritsu – At the Anritsu Corporate Training Center

New Rules Introduced: The Rules Committee has introduced and the Board has passed the following new MHPB Rules effective this season:

1. Change Rule 6.A.2 – All players in all divisions shall, during the course of the season, play at least four (4) complete games.

2. Add Rule 9.G – Each Pinto Manager and Coach will be required to umpire one (1) game not of their own.
3. Add Rule 6.Q – Only wooden bats are allowed to be used at El Toro for both games and practices.
4. Add Rule 6.R – All players in Pinto thru Pony shall be required to wear a protective cup while playing.
5. Add Rule 3.F – Each team is required to provide a team banner displaying the sponsor's name. At the end of the season, the banner will be given to the team sponsor, along with a team hat.
6. Add Rule 4.D – Upon filling any available open dates due to rescheduled games; all subsequent rainouts/cancellations will result in a tie.
7. Revise Rule 9.A.3 – All managers and coaches will be required to complete the following: Coaches Clinic-PCA (every year); First Aid (every two years, or have an unexpired First Aid Card); Skills & Drills Clinic (every year), Scorekeeping Clinic (Mustang thru Pony only – once); Coaches Application (every year), Rules Test (every year).
8. Add Rule 9.A.3.a – Failure to comply with the above will result in the manager and/or coach being suspended for the first two games of the season; and dropping to a reserve role for any All-Star coaching positions. If both the manager and coach are in violation of the above, the coach will be allowed to manage the team until the manager has completed his/her suspension (Except Shetland).
9. Revise Rule 6.A.1.b – Failure to comply with the minimum playing time rule will result in the manager be suspended for one (1) game on the first offense, two (2) games on the second offense etc. The only exception shall be for disciplinary action, subject to approval of the Division Reps and the Player Agent.
10. Revise Rule 9.E – There will be no more than three (3) adults (Managers, Coaches, Scorekeepers, etc.) allowed on the playing field or in the dugout at any time for Mustang through Pony Divisions. There will be no more than four (4) adults (Manager, Coaches, Scorekeeper, etc.) allowed on the playing field or in the dugout at any time for Pinto. There will be no more than one (1) adult per child allowed on the playing field or in the dugout at any time for Shetland.
11. Revise Rule 6.K – Pitchers in all divisions may not pitch more than two (2) innings per day, and 3 innings per weekend in winterball.

AMERICA'S GAME BASEBALL INSTRUCTION

Dave Salter and his expert staff at America's Game are coming to Morgan Hill. That's right, the best instruction in the Bay Area and we're coming to you. Over the last 12 years America's Game has instructed thousands of ballplayers, young and old, beginner and experienced, the skills it takes to play this great game.....America's Game. Come experience why America's Game is second to none. Great instructors, great instruction, great experience = great season.

- Private Instruction (1 on 1 instruction)
(pitching, hitting, fielding)
-Group Lessons (minimum of 4 players)
-Team Lessons
-Camps (Holiday camp, summer camp etc.)

- Hitting Clinics
- Pitching Clinics
- Coaches Clinics
- Lectures/chalk talk

VISIT OUR WEBSITE
americasgamebaseball.com

Or call

650-537-9700

dave@americasgamebaseball.com

On Conditioning – Avoiding the Sore Arm

As we enter another baseball campaign with tryouts, practices and games, a common denominator seems to pop up with a lot of individual players. Coaches sometimes don't know about it and in all likelihood parents don't find out either. I'm talking about the pre-season sore arm.

Players tend to do too much too soon and haven't conditioned their arm before tryouts or practices begin. They might be coming right out of basketball or some other sport and haven't found the time to strengthen their arm. So, in time, they incur a sore arm. And it lingers for days, sometime weeks. Parents try ice, then heat, rest or throwing a short distance. These are good band aids but won't help in the long run.

When players begin their shoulders are weak and their arms unconditioned. Beginning with arm circles is a good place to start. In keeping with Taylor Made Baseball and the Jaeger Sports Thrive on Throwing program, players should start with small arm circles with their palms down, progress to 1/2 arm circles. 3/4 and then full, back down to 3/4, 1/2 and finish with little ones. All these should be done 16 times for a total of 112 and not stopping in between. Then, turn your palms up and do the same, this time going backwards, for a total of 112 more.

At first the player's shoulders will be burning but with workouts 2 or 3 times per week the burning will subside and the shoulders will become stronger and conditioned. These should be done before every practice and game. Next comes long toss.

Youth players should start playing catch at 40 or 50 feet and work their way back to as far as they can throw, no matter what level they play on. I realize younger players on the Pinto and Mustang level may not be able to be as accurate but stretching out the distance is critical in gaining arm strength. The old theory of playing short and staying short is outdated. Just go to a pro game and watch players warm up, especially pitchers. You'll soon find out they play long toss.

As the season progresses the more long toss a player does the stronger and more conditioned his arm becomes. This is especially good for pitchers. No pitcher should be saying he has a sore arm come June if he's properly conditioned his arm all season long.

And last, is the J-Band workouts. I'll be showing coaches and parents at clinics this season how the surgical tubing works and the benefits it provides. I'm hoping every team and manager will have one available for their team this season. Put all these things together and you have the formula for a season with no arm soreness, no pain and a healthier arm come playoff and All-Star time.

Contributed by: Rich Taylor
Taylor Made Baseball www.taylormadebaseball.com

Sponsor News – Chairperson Daryl Hughes is still looking for sponsors and advertisers. Contact him at (408) 779-8498 or (408) 593-0065 for information.

Field Days – Director Chris Houle will be holding Field Days on January 14th at Burnett School and January 28th at Britton. Contact him at (408) 779-3804 or (408) 640-4782 for more information. Your support will be appreciated.

Executive Board

President	Mike Rusch
Vice President	Bob Benevento
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Player Agent	Manny Brum

Division Representatives

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Pinto	Tom Moorehead C W McGowen
Mustang	Cody Pyle Dave Affourtit
Bronco	Chris Blocker Damon Grose
Pony	Louie Andrade John Howard
Colt	John Bennett
Palomino Commissioner	Roy Jackson

Staff Positions

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Website: www.mhpb.org
Phone: Listed on the website, or 778-MHPB

*"The Mission of Morgan Hill Pony Baseball
is to teach life skills through Baseball"*
