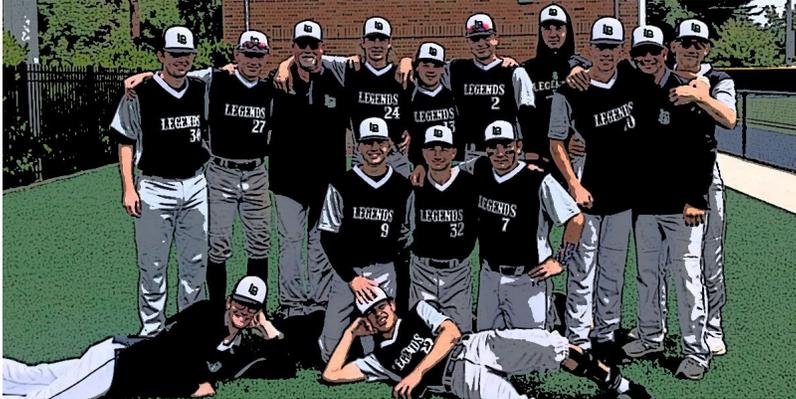


Legends ISU 2020

Tryouts and Information



ISU Team Focus and Goals

The offseason program will be centered around preparing each player for the upcoming high school season; focusing on building strong fundamentals in hitting, fielding and pitching. The 18U team's primary focus will be tournament play, participating in tournaments that give players an opportunity for a high level of exposure to college coaches.

For those players whose goal it is to play baseball beyond high school, the coaching staff will help them setup and learn to manage their accounts on sites like Field Level. The staff will also work with each of those players to create their list of target schools and use coaching channels to promote the players to their desired schools.

ISU Legends Tournament Play

18U will again participate in tournaments only and will play in tournaments every weekend starting May 30th (depending on the HS schedule) and ending July 26. Excluding the weekends of June 27th-28th and July 11th-12th.

The 18U team may pick up games vs other local area teams throughout the summer as well. The goal is to play 30+ games. There will be at least 3 travel tournaments that require overnight stays.

Full tournament schedule will be determined once tournament organizers release their schedule for the 2020 season.



Tryout Dates:

Monday: July 29, 2019 6:00 - 8:00
Tuesday: July 30, 2019 6:00 - 8:00

Tryout Location:

Monroe High School
17001 Tester Road
Monroe, WA 98272

Winter Training:

Start Date: September 15, 2019
Sessions Per Week: 3
Days: Sunday, Tuesday, Thursday
End Date: February 20, 2020

ISU Season:

Season Start: May 30, 2020
Season Ends: July 28, 2020

Why Legends?

Our mission is to provide a competitive baseball experience for the youth of Monroe and the greater community. We strive to provide baseball players ages 8-18 an experience that promotes sportsmanship, instruction, teamwork, respect for, and enjoyment of the game of baseball.

Coaching Staffs and Roster Philosophy

We're still in the process of finalizing the details for the coaching staffs for 18U. The team will be helmed by Coach Eric Chartrand, the Monroe High School Varsity Head Coach.

The roster will have 16-18 players. Players considered for the 18U team will be those that the coaching staff considers to be varsity level players.

Winter Training Program

The Legends winter program focuses on preparing each player for the upcoming high school and summer seasons. Focusing on improving fundamental skill level. Players will receive professional level instruction in hitting, pitching and fielding.

- **Pitching Instruction**
 - Pitching instruction will be led by Stephen Bougher and workouts will start in mid September. The Legends pitching staff has always adhered to Pitch Smart Guidelines for the long-term health of our pitchers.
- **Hitting Instruction**
 - All players, including those designated as "Pitcher Only" players will work with our hitting instructors. As in years past, Curt Nelson will oversee hitting instruction throughout the winter.
- **Positional Instruction**
 - All position players; infielders, outfielders and catchers; will get professional level instruction throughout the winter. The focus will be perfecting technique and honing their skills to compete at the highest level.
- **Strength Program**
 - In addition to pitching, Coach Bougher will design a 16 week weight program, designed for baseball players, that all players can participate in.

Coaches



Eric Chartrand

Eric Chartrand will be the Head Coach for the 2020 team. He brings to the Legends program 24 years of Coaching experience, which includes 16 years as a High School Head Coach. Currently, he is the Head Coach at Monroe High School. In 2019 he guided the Bearcats to their first State appearance in 23 years. He was honored for this achievement by being named Wesco Coach of the year. Professionally, he is a supervisor with the Seattle Police Department and has been with the department since 1994. He has two children, Andrew 22(a College Senior Baseball player) and Ashley 19 (a College freshman studying Nursing).

Instructors



Curt Nelson

Coach Nelson, a former collegiate player, has been working as a hitting instructor in Washington for the last 9 years. Coach Nelson has also coached at Everett Community College for 3 years and works with many local professional baseball players, college players and elite high school hitters including current MLB players.



Stephen Bougher

Coach Bougher, a former collegiate 1st Team All-Conference and 1st Team All-Tournament pitcher. He is also a former award winning pitcher in the American Association including 2015 Pitcher of The Year. As a coach he is the former pitching coach at Edmonds-Woodway High School where his pitchers had a combined 2.20 era with 179 strikeouts in only 150 innings pitched.