

# GBG NORTHEAST HAWKS



**NORTHEAST  
COACHES WINTER MEETING**



# WINTER/OFF-SEASON (DEC-MAR)

## WEEKLY SCHEDULE

### Monday - Thursday = Winter Skills Training Programs

*\*No uniform requirement.*

- 9U-12U Youth All Skills
- 11U-12U Youth Pitching (+)
- 11U-12U Youth Catching (+)
- 13U-18U Advanced Hitting
- 13U-18U Advanced Pitching
- 13U-18U Advanced Catching (+)

**Friday** = Open Cage Hours @ RBI-Mansfield via Openpath App

### **Saturday - Sunday** = Team Practices

*\*All players must be in full practice uniform to practice including shirt, white baseball pants, black belt, practice hat.  
Players not in uniform do not practice.*

### **Open Cage/Facility Hours**

@ RBI-Foxboro = Mon-Thu from 2pm-4pm + 8-9:30pm (CLOSED Fri-Sun)

@ RBI-Mansfield = Mon-Thu from 6am-3pm + 9pm-11pm, Fri from 6am-11pm (CLOSED Sat-Sun)

# WINTER/OFF-SEASON (DEC-MAR)

## Team Practice Schedule & Facility Setup

### @ RBI-Foxboro

- 3-Teams @ 1 Hour, 45 Minutes
  - :00-:15 = Warm-Up
  - :15-1:00 = Hitting or Defense
  - 1:00-1:45 = Defense or Hitting
  - Teams Rotate Bullpen space each week (every 3rd week have entire space for defense). 2 weeks with 3 Bullpens for Defense. Plan accordingly.
- 2 Teams @ 2 Hours
  - Team 1 = Bullpens :00-1:05 + Hitting Tunnels :1:05-2:00
  - Team 2 = Hitting Tunnels :00-1:05 + Bullpens 1:05-2:00
  - Rotates each week (Home vs Away)

### @ RBI-Mansfield

- :00-:15 = Warm-Ups, Leads & Reads, Hands Routines, Medball Circuits, Bands
- :30-1:15 = Throwing & Defense in all cages
- 1:15-2:00 = Hitting in 2-3 Cages with next team

# SPRING-SUMMER/IN-SEASON

## START/END DATES + SEASON OUTLINE

**9U** = April 5th - May 17th

- Saturday Games from 9am-12pm

**10U-12U** = March 24th - June 8th

- 2 Weekly Practices (MUST attend 1/2)
- Saturday AND/OR Sunday Doubleheaders
- Local and/or Regional Tournaments

**13U-14U** = March 24th - July 18th \*End Dates Vary by Team

- 2 Weekly Practices (MUST attend both)
- Saturday AND/OR Sunday Doubleheaders
- Tournaments
- Local, Regional and/or National Tournament

**15U-18U** = Day after HS season ends - August 3rd

- Practice Schedules vary greatly by team. Typically 1-2 practices per week depending on surrounding weekend tournament/game schedules.
- Local, Regional and/or National Tournaments \*Tournament schedules finalized by Thanksgiving.

# Perfect Game New England League

## “Divisional Doubleheaders” count towards record/playoff seeding

- 10U-14U = 5 Divisional DH's = 10 Games
- 15U-18U = 6 Divisional DH's = 12 Games

## Playoffs \*Updated for 2025 Season\*

- 10U-12U = May 31st - June 1st + June 7th-8th
- 13U-14U = June 21st-22nd + June 24th-25th
- 15U-18U = August 1st-3rd

## Bat Rules

- 9U-11U
  - USSSA BPF 1.15 Bats - Any Drop
  - USA Bats - Any Drop
- 12U
  - USSSA BPF 1.15 Bats (-5 Bats only are not allowed)
  - USA Bats - Any Drop
- 13U
  - USSSA BPF 1.15 Bats (-5 & -8 Bats Only)
  - -3 BBCOR Bats
- 14U-18U
  - -3 BBCOR Bats
  - Wood Bats
- PG has lifted previous ban on Easton Hype Fire -5 outside of 12U Division



# OFF-SEASON vs IN-SEASON EXPECTATIONS

**Off-Season = December 2nd - March 16th/22nd**

- Attendance is required at all Weeknight Skills + Team Practices with the exception of:
  - In-Season Sport
  - Mandatory School Activities
  - Illness
  - Injury (Case by case)
  - Vacation
- Unacceptable to No-Show, No Communication

**In-Season = March 17th/24th - End of Season**

- Attendance is required at all Team Practices + Games with the exception of:
  - Mandatory School Activities
  - Illness
  - Injury (Case by case)
- Unexcused absences have consequences such as loss of playing time, suspension, and more.
  - Vacations during season are not excused absences

# PROGRAM PHILOSOPHIES

**M.V.P.**

**MISSION**

**VISION**

**PRINCIPLES**

**NORTHEAST**

# MISSION

*Our mission is to provide the most organized, structured, and competitive baseball development program in the Northeast region. While winning is great, our goal is to build “WINNERS.” Our teams strive to win every game we play but we teach that our results on the field are a culmination of our daily physical and mental preparations. Our program teaches the skills that create on-field success but have true application to the real world and life after athletics.*

# VISION

*GBG Northeast seeks to grow the program in number of players, teams and coaches every year through a combination of:*

- 1. Individual & Team Results from MVP*
- 2. Player Development & Retention*
- 3. New Player Attraction*
- 4. Staff Development & Retention*
- 5. New Staff Attraction*
- 6. Promotion of the Program*
- 7. Relationships*

# PRINCIPLES

**H - Hard Work:** Putting in the work necessary to achieve your individual & team goals.

**A - Accountability:** Be responsible and take ownership for YOUR actions. DO what you say you're going to do and DO NOT make excuses. Do your words/actions HELP or HURT the team?

**W - Winning:** This is the result when the other Core Values are performed consistently. It's an ATTITUDE - Win the pitch, win the play, win the inning, etc...

**K - Knowledge:** Commit to a consistent approach to gaining knowledge. Know the game, know the adjustment, know the athlete, know the situation.

**S - Sacrifice:** Playing and Coaching in the program requires a big time commitment and with any commitment comes sacrifice. PRIORITY > PREFERENCE.

# STANDARDS

*The program has set expectations and standards for players, parents and coaches. Upholding these standards will be the #1 factor in our program's success. Standards/expectations are set regarding the following:*

- 1. Communication*
- 2. Organization*
- 3. Professionalism & Coaching Style*
- 4. Knowledge*

# STANDARDS - COMMUNICATION

1. ***Winter/Off-Season: 1 Weekly Email on Mondays***
  - a. *Quick Practice Recap*
  - b. *Reminder on Upcoming Practice Day/Time/Location*
  - c. *Standard Program Info (Copy/Paste)*
  - d. *New Program Info (Relayed from Director)*
  
2. ***Spring-Summer/In-Season: 2 Weekly Emails on Mon/Thu***
  - a. *Monday: Weekend Game/Tournament Recap + Reminder of upcoming Practices + Pitch Counts*
  - b. *Thursday: Weekend Game/Tournament Preview*
  
3. ***Individual Players - CONNECT!***
  
4. ***Conflicts/Situations/Player Behavior***
  
5. ***Hold Players/Parents Accountable to WHO should be communicating!***

***\*Always Cc: [jbreen@rbiacademy.com](mailto:jbreen@rbiacademy.com) and Bcc: Team Emails***

# COMMUNICATION: PLAYERS/PARENTS → COACHES

*Please note there is a difference between a playing time issue and something like late for practice.*

## 9U-12U

1. Parent + Player → Head Coach
2. Parent + Player → Director

## 13U-14U

1. Player → Head Coach
2. Player + Parent → Head Coach
3. Player → Director
4. Player + Parent → Director

## 15U-18U

1. Player → Head Coach
2. Player → Director
3. Player + Parent → Director

# STANDARDS - ORGANIZATION

## 1. Communication

- a. *Weekly plan/reminders*

## 2. Team Emails

- a. *Layout/Fonts/Spacing/Colors*

## 3. Practices

- a. *Know the Plan, Facility Space, Timing, Equipment*
- b. *Pre- and Post-Practice Meetings*

## 4. Games/Tournaments

- a. *Arrival Times/Pre-Game Work*
- b. *Field/Cages/Dugouts/Layout*
- c. *Equipment - Bucket/Balls/Fungo/etc*

# STANDARDS

## CONDUCT, PROFESSIONALISM & COACHING STYLE

### GBG COACHES DRESS CODE

#### a. Practice

*Black Cage Jacket (Black Sleeves)*

*Black Pants or Shorts*

*Practice Hat (Not Game Hat)*

#### b. Games

*Black Cage Jacket (Black Sleeves)*

*White Game Pants w/ Black Piping*

*Game Hat (Not Practice Hat)*

#### c. Professional Look



# STANDARDS

## CONDUCT, PROFESSIONALISM & COACHING STYLE

### 2. *The “Top of the Bleachers at Xaverian View”*

- a. *Quality/Active Coaching vs Bucket Sitter vs Glorified Fan/Cheerleader*
- b. *Social Hour vs Investing Time in Players/Team*
- c. *Yeller/Screamer vs Teacher/Motivator*
- d. *Would you PAY OR PLAY for that?*

# STANDARDS

## CONDUCT, PROFESSIONALISM & COACHING STYLE

### 3. Coaching Style

#### a. *Should match*

i. *Age*

ii. *Team Level*

1. *Northeast vs Black vs Blue vs White*

2. *Not all Team Levels Created Equal (11U-Black vs 16U-Black)*

iii. *Game Type (Strategy)*

1. *Divisional vs Non-Divisional vs Playoffs*

2. *Tournament Pool Play vs Playoffs*

3. *Opponent*

# STANDARDS

## CONDUCT, PROFESSIONALISM & COACHING STYLE

### 4. LANGUAGE

- *Avoid profanity, foul language, swears.*
- *Positive language and tones. Positive Feedback/Constructive Criticism > Ridicule/Embarrassment*
- *How coaches speak about players to each other.*
- *“They” in reference to Program vs “We”*
- *Oversharing Info with Players & Parents (Ex: Roster Makeup)*

### 5. ATTENDANCE, ACCOUNTABILITY & PUNCTUALITY

- *Expected to be at ALL team activities unless communicated/cleared with director.*
- *Early to all commitments. Don't leave until all players have left or are accounted for.*
- *Stress Attendance & Accountability to players, need to match as coaches.*

# STANDARDS

## KNOWLEDGE & GROWTH MINDSET

### Coaching Resources

- Social Media - Not All As Gospel!
- ABCA: American Baseball Coaches Association ([www.abca.org](http://www.abca.org))
- MBCA: Massachusetts Baseball Coaches Association
- Additional Resources/Books
  - Heads Up Baseball/2.0 (Dr. Ken Ravizza)
  - The Mental Game of Baseball (Harvey Dorfman)
  - Brian Cain Peak Performance

# FINAL NOTES

- Coaches should treat the warm-up just like any other hitting/defensive drill. Opportunity!
- Maximize/Organize Facility Space - Map it out!
- Starting/Ending on time requires coaches attendance 15 mins early.
- Instruct the drills, don't just prescribe. The drill itself doesn't improve the player.
- Attendance Checklist in Winter - % at end of Winter
- Understand the level you are coaching. Improper/unwarranted expectations can result in poor experience for both players and coaches.

# COLLEGE RECRUITING

1. Nothing happens until August 1st after your sophomore season.
2. Recruiting services are 100% a waste of money.
3. Become recruitable before you look to be recruited.
4. Prioritize development opportunities over showcase.
5. GBG Northeast has two dedicated staff members for college recruiting. Chris Welch & Zach Brown.
6. Zoom Meetings, In-Person Meetings, Team Meetings

# CONTACTS

9U-12U Teams & Programs

Jeff Ambrosini, [jambrosini@rbiacademy.com](mailto:jambrosini@rbiacademy.com)

13U-16U Teams + 13U-18U Pitching Program

Joe Breen, [jbreen@rbiacademy.com](mailto:jbreen@rbiacademy.com)

17U-18U Teams + College Recruiting

Chris Welch, [cwelch@rbiacademy.com](mailto:cwelch@rbiacademy.com)

Player Development + 13U-18U Hitting Program

Chris Sullivan, [csullivan@rbiacademy.com](mailto:csullivan@rbiacademy.com)

Payments, Lessons, Travel: Misti Bumila, [mbumila@rbiacademy.com](mailto:mbumila@rbiacademy.com)

# BEGIN WITH THE END IN MIND...GO HAWKS!

