



Kanata Cubs 13U Rep Baseball



Welcome to the 2022 Baseball season! My name is Mark Kapfer and I am extremely excited about the opportunity to coach Kanata Baseball again this year. In partnership with the association, I would like to present a high-level outline of the upcoming season, some coaching philosophies, strategies, and expectations for the 13U Team.

A bit of background on me. I have played a ton of ball in my lifetime and still do today. Blessed only with a positive attitude, I am a big believer in fundamentals and I'll do my best to pass that on to your players. I have coached in Kanata for 8 years. My son has also played for this amount of time and he absolutely loves baseball. Who doesn't? I've coached and/or managed several other sports in the past and I have had positive experiences throughout my volunteering career so with any luck, that trend continues on into this summer.

For those that do not know me, if you are hoping for a coach that drives home values of winning at all costs, sits players in order to get the big W or a coach who hates being around kids, I'm sorry to say, but I am not that guy. While I take the responsibility of coaching each and every one of my players seriously, at this age, I emphasize having fun above and beyond anything. Your players will be part of a positive environment, learn the game without fear of making a mistake and develop fundamental skills, but at the end of the day, my goal is for your players to feel confident in themselves and to love playing the game.

Indoor Training/Practices:

Indoor training will start in early 2022 and go up until the start of the season in May. January - April will be relatively light with most likely one baseball activity a week, possibly two on occasion. In April we will increase that to most likely twice a week and this year we may also look at doing some conditioning on top of the baseball skills but that will be determined at our parent meeting which will be held in the fall of 2021.

Regular Season:

This is an intensive program that requires high attendance and can be fairly demanding for the players and families, particularly during the summer. Having said that we realize it is important to be able to get some time away and have a break. The first week of July will be free of all baseball activities from July 1st until July 10th. This hopefully gives families a chance to start off the summer with a break from ball.

- Games: We will be playing on average 2 games a week from May until August. Players are expected to be prepared for warm-up 45 minutes before game time. (Meaning on the field and ready for warm-up).

- Practices: The team will have 1-3 practices a week. On field practices will be organized by a variety of drills which will start out station based to focus on fundamental baseball skills, move players around, keep them active and maximize repetitions and then move in to simulations to focus on team strategies and concepts. I understand that baseball occurs during the summer but I do expect an 85% attendance rate for the season.

Tournaments:

It is my expectation that we will participate in 4-5 tournaments, 2 of which will be on the road.

Cost Expectations:

With all competitive sports, there is a significant financial commitment expected. While this is simply a guideline, families should expect the following:

- Team Training – Approx \$150-\$175
- Kanata Baseball Regular Season Registration - \$550
- Team Fees - we will collect team fees of approximately \$400 to cover tournament entry and other team and player development costs.

Important to Note: Players are also responsible for the cost of uniforms. These will be owned by each player.

Fundraising/Sponsorship:

Fundraising & sponsorship will be key to offset some of the costs and manage team fees for the competitive season. Final fundraising/sponsorship plans and ideas will be discussed at the parents meeting shortly after the team is formed but I can confirm that it is my intention to do so. Examples could include raffles, assisting in hosting a Kanata Tournament, etc.

Parent roles:

I am always looking to add parent volunteers, specifically fundraising (see above!)

If you have any questions, please feel free to contact me directly at 13U@kanatabaseball.com. Looking forward to a great season in 2022 and hope to see you in the fall!

Mark Kapfer