



# Kanata Cubs 10U Rep Baseball



Hello everyone, my name is Justin Nistico and I'm excited to coach the 10U Kanata Cubs team for the upcoming 2022 season. I'm eager to get started working with the young athletes and give everyone a brief outline and introduction of what the 10U program should look like.

I grew up playing Little League in Orleans and was lucky enough to win a Junior Canadian Championship and participate in the Junior League World Series. I also played hockey growing up and was able to play Junior A hockey and transition to coaching shortly after I was done playing. I coached JR A hockey for 12 years and was able to have a 6 week trip to Beijing China coaching 5 to 12 year olds.

Our team philosophy will be to have fun while listening and working hard to become better athletes and more importantly better young men off the field. We will focus on skill and team goals.

The 10U Kanata Cubs is a competitive ball team so there are things that will be expected from the young athlete.

- Regular attendance is an expectation. There are always exceptions that can be discussed with the coaching staff.
- Playing time will be equal and spread out and players will focus on a few positions.
- Fun is very important and the staff is committed to ensuring the young athletes enjoy coming to the ballpark.

A quick simplified look at the season is as follows:

- Indoor Training: January to April at the Sooners Dome
- Season: May to August with 2-3 practices per week, 1-2 games per week
- Tournaments: 3-4 - one in Kanata, one local, and 1 or 2 out of town
- Team Fees: Estimate \$450.00 to \$500.00 per player in addition to league fees. Uniforms are a separate fee that is not included in the team fee.

Fundraising will be key to help manage costs and team fees. We can discuss ideas at the parent meeting.

It will be mandatory for each family to have a volunteer to take a role to help out with the team. Some examples of the roles are equipments managers, and set up field helpers, etc.

There will be a Parent Meeting coming up shortly to discuss further into detail of the rules and expectations for the season.

I look forward to meeting all the athletes and parents.

Justin Nistico

