Kanata Cubs 18U Rep Baseball

Welcome to the 2023 Baseball season!

My name is Robert Turcotte. I have been involved with Kanata Baseball for quite some time!

- Played in Kanata Baseball and Softball and Kanata Little League Baseball from 1980-1989
- Coached my first Major All-Star “B” team in summer 1989
- Coached Rookie - Minor House and All-Star
- Kanata Baseball VP Player Development for one year
- Kanata Baseball VP Operations for two years
- Was one of the first directors of NCOBA bringing OBA baseball back to Ottawa
- Coached Rep 10U – 18U (Minor Mosquito to Minor Midget)
- Senior umpire for Kanata Baseball and Seaway Surge for the past 4 seasons
- OBA Coach Trained to Provincial Level – NCCP # 5680414
- Certified NCCP Coach Trainer

I am extremely excited to be taking on a lead role for the 2023 18U Rep Cubs team and just as excited to welcome Chad Hussick as co-Manager this year!

Assistant coaches will be named once the team is formed.

Although I am competitive and want the team to win, I believe every kid deserves to play in any situation. To grow, these kids need to experience both the highs and lows our game offers. Your players will be part of a positive environment where coaching staff and technical advisors will focus on the values of respect, teamwork and putting team success ahead of personal gain.

For this age group, Canada’s long term athletic development model (https://www.baseball.ca/files/ltad.pdf) recommends that players still split time over the course of a season (8 month baseball season) to 60% competition and 40% training. It also recommends that players are aware of the skills required to play all positions but narrow their focus to 2 or 3 key roles by season’s end.

Since our goals are primarily about development and continuous improvement, my plan is to give all players equal playing time over the course of the season. This does not mean all players will play equally in a single game. During highly competitive situations such as tournament and playoff games, players may see some unequal playing time.

Parent Meeting:
Shortly after the team is selected, we’ll have a virtual parent meeting to discuss the season goals – both for the coaching staff and the player families.

Off Season:
Players should have a period of "no throwing" – October to December fits our schedule. During this time however, I will provide the team with strength and conditioning workouts they may use to prepare for Winter Training.

Winter/Spring Training:
When facilities and schedules are prepared by Kanata Baseball, Winter training will get underway. Starting in early January, we'll be scheduled once a week on Saturdays for two hours. If school gyms are available, we may have additional workouts during the week. We're working to enlist some top-level guest coaches/trainers throughout the winter.

Regular Season:

- Games:
    - Looking to have a 16-20 game regular season schedule from mid-May to early-August.
    - Competition will come from local NCOBA Rep teams, Gatineau 18U A/AA teams, and some of the eastern EOBA teams.
    - We will endeavour to schedule exhibition games against local OBA recognized teams – Patriots, Knights, Watson, ONC

- Practices:
    - Using the 40/60 rule, and having practiced in the Winter, the team will likely have 1 regular practice scheduled each week. Additional practices may be scheduled in preparation for tournament play.
    - Pitchers will be given a recovery plan to work on independently and at practices ensuring they remain strong and healthy all season.

- Off time:
    - To be discussed but the week after school lets out and the final 2 weeks of August should be free.

Tournaments:
Tournament participation will be determined in early Spring. It should be a team decision, but my target is at least 3 away tournaments in addition to our Kanata-hosted tournament. We do take into consideration the location/distance, but our priority is finding opportunities where we can be competitive and challenged to win.

Our team may also win a spot in the Provincial Championships which will takes place mid-August.

Important to Note: By accepting an offer to play for this team you are committing to the 2023 Provincials Tournament should the team qualify.

Cost Expectations:
Fees for the upcoming season are broken down as follows (***please note that fees are still being finalized and this provides a guide only as to what fees could be***):

- Winter Fieldhouse Training – $300-$350

- Kanata Baseball Association Regular Season Registration - @$300
- Team Fees - $175-$250 (covers tournament entry and other team and player development costs)
- Uniforms – Cost of uniforms depends on items needed by the player, and will be reviewed at the initial parent meeting

Fundraising/Sponsorship:
To be discussed at initial parent meeting. All fundraising and sponsorships will offset the estimated costs and will be applied to Team Fees first. I strongly encourage families to seek out sponsors from favorite local businesses or employers. KBA will happily promote sponsors where the donation is over $250.

If you have any questions, please feel free to contact me directly at 18U@kanatabaseball.com or (613) 324-8674. I am looking forward to a great season in 2023!

Coach Bob