

FALL/WINTER SEASONS

Oak Bay indoor training is the most important part of our programs skill development. The indoor turf gym gives us the space to efficiently play and the outdoor track enables the fitness aspect. During the late fall and winter months, skills are broken down into to basics and are built back up with proper instruction from our staff. Both defensive and offensive skills are worked on at Oak Bay. Being divided into two sections makes training more specialized and allows coaches to work with students on specific areas of their game.

During offensive training students create a stronger swing and a better understanding of the mechanics. There are screens, machines, tees and hitting mats used; each student has an area which they need more work or specific help in; this is where those problems are pin-pointed and fixed. This area of the game is considered to be the slowest process of them all, needing the most dedication and time to succeed at any level. The Academy also boasts 3 full size indoor hitting cages. These are the only cages of its kind in the city.

In addition to the physical part of the sport we train our students with analytic programs such as Rapsodo and Blast Motion to provide quantitative proof of continual player development.

Oak Bay Indoor Training Requirements:

1. Designated shirt colour for each day
2. Indoor/Outdoor shoes
3. Warm Clothes (ie. Black sweatshirt, black jacket, gloves)
4. **GIRLS:** All bottom attire **MUST** be black (ie. Black shorts, black leggings, black baseball pants)
5. **BOYS:** All pants **MUST** be white and shorts **MUST** be black.
6. Individual water bottles
7. Individual helmets
8. Helmets will be worn in the cages AT ALL times – *both feeder and hitter*

SPRING/SUMMER SEASONS

The game of Softball and Baseball both involve strategy. At the academy we explore strategy in the classroom as well as on the field. Understanding strategy is a huge part of the game. Ranging from bunt defense to base running it is all relevant to each and every player.

In the classroom we discuss the reasons for different plays for strategy. Open for questions and challenges, the coaches discuss and help the students better understand why and how to use such defense and offence. Base running is an element that all players are part of. We discuss when and where to run, when to take chances and when to play safe. On the defensive side, knowing when your opponent will take chances can help you capitalize. Bunting offence and defense is a very big part of both games and is a big part of strategy.

When we get outdoors after Oak Bay that is when all the strategy we talked about is really put to the test. We play scrimmage games within each part of the Academy so that the players can put all that they

have learned to the test against each other. This creates an opportunity to see how much of the classroom has been carried over to the field. Practicing using strategy in scrimmage games will directly relate to how students play in a league game and how well they retain and use the information provided.

Every year the Academy puts on the Expo, which is open to the whole community, it is a display of projects done by the students to show different eras in different ways. The open house display ranges from the history of teams, to the history of the time period teams collapsed and started to build your own old school baseball stadium. Each year the Expo theme changes so that different history is explored. Becoming familiar with the roots of the sport you play creates a better understanding of the rules and strategies of the game and how they came to be.

SUMMER SEASON

The school may close, but the Academy remains open. Starting in the 1st week of July, The Academy opens up the school's gym, weight room and all baseball/softball training equipment to all players. Whether you are a current, new or former student, the Academy facilities and equipment are there for you to use. Summer Academy hours are Monday through Thursday 11 am – 3pm.

Spring/Summer Seasons Requirements:

1. Designated shirt colour for each day
2. Outdoor shoes and/or cleats
3. Black Jacket
4. Individual water bottle
5. Individual helmets
6. Baseball pants/shorts/or black leggings – *weather depending*
7. Baseball/Softball gear (ie. Glove, bat, catching gear)
8. Helmets will be worn during **ALL** live pitching and machine work

SUMMER/FALL SEASON

During the first month of school, the academy tests our student-athletes physically, mentally and emotionally through a month long boot camp with our trainers. Not only does our boot camp push our players to prepare for their upcoming seasons, but it allows our student-athletes grow individually into the ambassadors that we want to embrace within our high school walls at Lambrick Park Secondary. In-class sessions revolve around college preparatory sessions for our boys and girls. Our students will gain knowledge and understanding of how to get to the next level, whether it is collegiate or professionally, and what to expect once they get there.

End of Summer/Fall Season Requirements:

1. Designated shirt colour for each day
2. Outdoor/Indoor shoes
3. Black shorts/Black Leggings

4. Individual water bottle

Personal Belongings and Valuables:

The Academy and Lambrick Park High School are not responsible for broken bats, stolen or damaged property and/or personal belongings. We know students may decide to bring items to school that hold a significant value. As previously said the school and School District cannot accept any liability for personal belongings and other student owned property (inclusive to cellphones, wallets and baseball/softball gear), if these items were to become lost, stolen or damaged. As a result, we discourage our athletes from bringing any valuables to school.

Label All Student Belongings:

Please make sure student belongings particularly jackets, sweaters and personal equipment are labeled with the student's names so they can be returned to them if found lying around. Please check the Academy office for any "missing" items.

For further information and contact details please visit our website at www.diamonforexcellence.ca.

Give us a follow or a like on both Instagram and Twitter!

Instagram: LPHS_Academy

Twitter: @LP_BASEBALLACAD

