



# SUMMER NEWSLETTER

## MAY-2006

### ***THANKS TO EVERYONE! A JOB WELL DONE!***

If anyone is like me, you share the feeling that the banquet at the Marriot was absolutely wonderful. The event had a little for everyone as we recognized all the players, parents, and friends who help make the Coral Reef Baseball Program one of a kind. As I tried to convey, the banquet marks a time for reflection. We look back and celebrate our efforts, evaluate our progress individually and as a group, and wax nostalgic over our graduating seniors. The banquet also marks an opportunity to look forward and begin our journey with renewed spirit and optimism. As we do look forward, it is obvious to me that we must continue to help our athletes acquire the skills necessary to 'close the gap' between our tremendous desire to succeed and the talents needed to realize that success.

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### ***READ THE SECTION BELOW- CAREFULLY! SUMMER WEIGHT TRAINING & PHYSICAL DEVELOPMENT PROGRAM***

**Beginning Tuesday June 6 –and running through the first week of August–** we will start a weight-training and physical development program open to all players who participated on our 2006 rosters–Varsity, Junior Varsity, and South Florida Travel Team. It will be on ***Tuesdays, Wednesdays, and Fridays***. This program will entail working out in the Coral Reef weight room followed by running and agility workouts at the field. The program will run from **7:30 – 9:30 AM**. It is imperative that everyone realize that consistent attendance is required if we are to realize the advantages of a “Bigger – Faster – Stronger” training program. Therefore, attendance will be monitored for the sake of consistency. It is understandable that players may not be able to attend for personal, or family reasons. But, sporadic attendance will not be allowed. ***Be informed, however, non-participation will in no way restrict one’s opportunity to play during the regular season.*** It is simply scheduled to offer a rigorous training opportunity to players who can take advantage of it.

***An informational and sign-up meeting will be held on Monday, May 22nd at 3:00PM at the baseball field. All players should attend.***

### ***SUMMER BASEBALL TRAINING FOR RETURNING PLAYERS***

In light of the fact that we will not be running any formal summer team program, our summer baseball training– including specialized pitching instruction – will also begin **Tuesday June 6 –and run through the first week of August**. Although definitive days have not yet been scheduled, we anticipate that we will go 2 or 3 evenings per week from **6-8 PM**. Our assistant coaches, Holladay, Blanco, Gonzalez, and Hendricks will assist with all facets of this program. Ultimately, a program like this can only be beneficial to those who attend regularly and enthusiastically. However, we do encourage players to attend summer camps, and showcases, especially ones run by reputable colleges and universities. Coach Bisceglia can assist with information for anyone interested in finding quality camps. This may be particularly important for our next class of seniors because colleges and universities tend to get an early look at high school talent during the summer.

To that end, we will consider, if our attendance is consistent, and our workout is productive, organizing a travel team in order to participate in one or two summer/fall tournaments. This, of course, will be determined as we get into our program. Of course, we do plan to have our players involved in a traditional fall league once school is back in session.

***Again, an informational and sign-up meeting will be held on Monday, May 22nd at 3:00PM at the baseball field. All players should attend.***

### ***INCOMING FRESHMEN INTERESTED IN BASEBALL AT CORAL REEF- NEW!!!***

Since there will be no formal freshman school team this summer, I am asking that any incoming freshman interested in playing baseball at Coral Reef High School come out to an informational social to meet the coaches and boosters on **Thursday, May 25th, at 6PM** at the baseball field [*Barracuda Field- back of campus*].

Once we have a gauge on the level of interest we will formulate a plan so that this group can come out to take advantage of our evening baseball training. Please try to attend. If you are unable to make it, email me after that date for an information sheet.

***Always appreciative – Coach Bisceglia***