

2015 OWL SUMMER BASEBALL



MAY 27- JUNE 16
MONDAY-THURSDAY

The Goal and Purpose of a Different Season

1. To introduce the MUS baseball organization for new players. And continue the building process for returning players.
2. To build relationships.
3. To work on fundamentals and physical skill development.
4. Learn what actions need to occur to compete at a high level.
5. Introduce terminology and team strategy.
6. Introduce new skills.
7. Have fun without pressure.

The purpose of the summer is to help guys become better players through playing and practice. Coaches will also give them direction on enhancing their strength and approach to baseball. The schedule will consist of games and some practice before games. Players will be encouraged to work on their own as well as practice with the team during this 4 week period. Cal Ripken's book Get in the Game will be required reading for the summer. Get in the Game, written from the perspective of a MLB Hall of Famer, promotes character traits MUS baseball seeks to embody. Summer baseball will help transition into next spring baseball season.



MEMPHIS UNIVERSITY SCHOOL
2015 SUMMER BASEBALL SCHEDULE



Date	Day	Opponent	#	Location	Time
June 1	Monday	Memphis Home School	2	<u>MUS</u>	3/5
June 2	Tuesday	SBA	1	SBA	3
June 2	Tuesday	Briarcrest	2	<u>MUS</u>	5/7
June 4	Thursday	ECS	2	<u>MUS</u>	3/5
June 8	Monday	White Station	2	WS	3/5
June 9	Tuesday	Briarcrest	2	BCS	5/7
June 10	Wednesday	White Station	2	<u>MUS</u>	3/5
June 11	Thursday	ECS	2	ECS	3/5
June 15	Monday	Harding	2	<u>MUS</u>	3/5
June 16	Tuesday	Memphis Home School	1	<u>MUS</u>	5

Cost per Player: \$85.00

**This covers cost to the Shelby Tipton
 Baseball League and the cost of umpires
 for home games.**

Weights/Conditioning	Infielders 3-4x	Outfielders 3-4x	Catchers	Pitchers
<p>2 sets of 10 reps: 3x a week</p> <p>Bench</p> <p>Tri-cep extension</p> <p>Biceps curls</p> <p>5/5 Sledge hammer swings</p> <p>5/5 Tire throws</p> <p>50 Russian twist w/tire</p> <p>10 ladders up and back</p> <p>10 mini hurdles (same)</p> <p>5 Tire flips</p> <p>10 hills (by baseball office)</p>	<p>100 Ground Balls</p> <p>10 Throws to 1B/2B</p> <p>25 1 hand short hops</p> <p>25 quick hands</p> <p>50 Bunts</p>	<p>25-40 Fly balls</p> <p>25 Z drills</p> <p>From RF 5 throws to 2B</p> <p>From RF 5 throws to 3B</p> <p>50 Bunts</p>	<p>Catch 50 balls off machine</p> <p>Block 50 balls</p> <p>Throw 5 to 2B</p> <p>Throw 5 to 3B</p> <p>Throw 3 to 1B</p> <p>50 quick hands</p>	<p>10 FB's 75% below strings</p> <p>5 CH 75% below strings</p> <p>25x sock drill on Big 'T'</p> <p>25x Lift and separate 'K' board</p> <p>10 Comebackers off machine</p>
<p>Hitting is a given but these must be worked first.</p>				

