

LOCKPORT PORTER BASEBALL

"Where WINNING is the TRADITION"

24 Conference Championships, 11 Regional Championships, 5 Sectional Championships, 1 State Championship

9/11/2012 Booster Club Meeting- Information from Coach Satunas

1. **FALL TRAINING-** Fall is a great time for ALL players to work on their individual skill set. You son should be long tossing a minimum of 3 times a week. I will email a video and reading on proper way to long toss to everyone. We also encourage all players to own a Jaeger "J-Band" and do the exercises 3 to 4 days per week. If your son is in need of a j-band please contact Coach Satunas. Everyone should have an offseason training plan to work on their skill set. We encourage all of our players to work on their defensive, hitting, pitching, and catching skills throughout the offseason. If anyone needs an affordable place to work out, contact Coach Satunas.
2. **COLLEGE RECRUITING-** All seniors are being given a form and handout to fill out and return to Coach Satunas. This information will help with the recruiting process. All other members of the Lockport Baseball Program will be sent the info via email. Everyone should look over the information. It includes a timeline on what you could do every year of high school to help yourself with the process. Remember that the **Most important thing is your GRADES!!!!**
3. **SETTA FALL WORKOUTS-** Setta workouts will begin at 6:45 a.m. at East Campus on Tuesday, September 4th. These workouts will be every Tuesday and Thursday from 6:45-8:00 a.m. until November 1st. These workouts will address **STRENGTH, POWER, SPEED, AGILITY, TEAMWORK, etc.** and will be conducted by Nick Setta. Our coaching staff will be present to assist him.
 1. Everyone not in a fall sport is encouraged to attend.
 2. These sessions will supplement players in power lifting
 3. The total cost of the 18 sessions is \$1350.
 - a. This cost will be divide amongst all those who workout. Amount of payment will be announced on Thursday 9/13. TBD Payment is due by Thursday 9/20 or player will be asked to leave workouts. All checks should be written to LTHS Baseball Booster Club. A note will be sent home with the participants on Thursday 9/13 with amount that each player owes. Money Hardship? Not being able to afford the payment is not a reason to miss working out! Contact Coach Satunas for an opportunity to pay this fee.
4. **SETTA WINTER WORKOUTS-** Will Take Place Monday, Tuesday, and Thursday after school. Times will vary and a schedule will be released sometime in early October. There will be a cost involved (TBD) and we will divide it amongst all participants.
5. **GRANDSTAND PROJECT-** Still waiting to have meeting. Unfortunately we haven't connected due to schedule conflicts. Once we do connect I will update the Booster Board via email.
6. **DOBSON FAMILY DONATION-** The Dobson family is going to provide our baseball program with a donation to renovate the dugouts at Flink.



Head Coach Andy Satunas
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7. OTHER PROJECTS

- a. New Scoreboard- Information has been passed along to the school about a company that provides FREE scoreboards and sells advertisement space on an LED board on the scoreboard. You can find out more info here. <http://www.sportablescoreboards.com/>
- b. Water Hook Up Behind Mound- We are exploring the possibility of having a hose connection behind the mound. Also we would add a "pump" to increase the water pressure for hose and sprinklers
- c. Turfed Bullpen and Cage Area- If bleachers on 3rd baseline are removed, we are exploring asphaltting the whole area and installing turf, batting cages (w/ pitching machine) and bullpens in the area from the dugout to the shed.
- d. Press Box- If new bleachers are installed, we will need to move current press boxes or install a new structure.

8. EMAIL, FACEBOOK, AND TWITTER

- a. The Porter Baseball Program utilizes these three forms of communication. If you do not receive emails from Coach Satunas, please send him your name and email address at asatunas@lths.org
- b. Follow us on Facebook at LOCKPORT PORTER BASEBALL-OFFICIAL FAN PAGE
- c. Follow us on Twitter at PORTERBASEBALL. You can also get these tweets on your phone via text message by sending the text "on porterbaseball" to 40404.

9. **COMMUNITY NEWS-** I encourage all parents of our program to tell others in the community about all the good things that happen in and around Lockport baseball. From our successful youth camps to the life lessons that each of athletes learn while they are involved with our program, the Lockport Porter baseball program does some GREAT THINGS! If anyone in the community ever has any questions, you can feel free to give them my contact information and tell them to email or call me.

10. SPRING SEASON

- a. Tryouts will take place 2/25/13 through 3/1/13
- b. Opening Day for Frosh and Soph is 3/23
- c. Varsity will open season in Marion IL . Approximate Dates 3/24-3/27
- d. Varsity will compete in a tournament in Edwardsville IL on 5/3 and 5/4

11. 2013 SUMMER SEASON

- a. Varsity Omaha Trip- the Varsity is going to Omaha during College World Series from June 16th-19th.
- b. Varsity IHSBCA Summer Tournament- Regionals will take place 7/15 through 7/19. State Tournament will take place 7/22 through 7/26
- c. Soph Summer We will have a sophomore summer team (current freshman) that will practice and compete in games on Tuesday, Wednesday, and Thursdays (occasional Monday). These games will take place from 6/10-7/19/13



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