

BRIT BALL

The Official Voice of the British Baseball Federation

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Issue

March / April 1998

Let the show begin...

Once again, during the coming summer months, we can watch **Major League Baseball** games on UK television.

Channel 5 will again be showing two live games a week, on Sunday and Wednesday nights in the renamed programme 'Major League Baseball'. Watch out on a Wednesday evening for the results and league standings of our own Coors Baseball League Premier Divisions, as well as our feature on a player of the week.



S u n d a y

afternoons on Channel 5 will also see a dedicated baseball



programme for kids, 'Pitch, Hit and Run' giving hints and tips on playing the game, by our very own Vince Garcia.

This year Sky Sports will also

In this Issue
Coors Baseball Festivals
GB Merchandise
Ask the Coach
Mini Clinics

MINI CLINIC

The "Mini Clinic" program is designed to give baseball clubs a level of expertise in both fundamentals and strategy.

A three hour coaching clinic can be arranged with your club. The session can include any topics your team desires. You can work on a particular area that you feel is a weakness, strength, foreign or an area that sparks an interest by your club. The choice is yours to make. You can design your own content or we can make suggestions according to your needs.

All sessions will include instruction from either the Director of Game Development or another highly regarded National Squad Coach. Appointments can be made for weekday sessions or for select weekend dates.

Please book your "Mini Clinic" quickly. Sessions have already been booked for Swindon, Liverpool and two sessions in Bracknell.

Sample of Training Areas: Offence - Hit and run, base running, stealing signs, count awareness,

trick plays, basic hitting, advanced hitting, bunting, signals, offensive theories, situational hitting, visualisation, game plans, batting practice plans. Defence - 1st and 3rd situations, bunt situations, pick offs, run downs, relays and double cut offs, advanced catch play, infielder techniques, outfielder techniques, pitcher defence, double plays, defensive workouts, catching, visualisation. Pitching - Bullpen workout, game and practice regimens, pitch selection, fitness, signs of tiredness and fatigue, visualisation, pitch development. Team Areas - Organisational structure, ground development and maintenance, organising training sessions, umpiring, scorekeeping, press and media issues, fund raising, recruiting. The sessions are not limited to these subjects. Each individual area can also be broken down to provide a selected amount of content.

There is a fee of £25 for this service. Since this is a new program, it needs to be self funding. To book a session or for more information, please phone Head Office on 01482 643 551.

BECOME A COORS BASEBALL FESTIVAL VOLUNTEER AND WIN A BASEBALL TRIP OF A LIFETIME TO SEE YOUR FAVOURITE MLB TEAM

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presents the Coors
Baseball Festival
again in four city
centres this summer



and is on the lookout for volunteers. For every day that a volunteer works they will receive an entry into the exclusive volunteer competition to the States. The lucky winner will get to take a friend or partner off to the USA to watch their favourite MLB team, enjoying the view from the best seats in the stands.

With 30 volunteers needed for each festival, and an opportunity to have as many as THIRTEEN entries into the competition, the odds couldn't be better. Whether you win or not, all volunteers will get T-shirts, caps, free food and drink and an opportunity to purchase a new piece of baseball equipment (a new bat, a new glove, a pair of cleats?) at wholesale price.

Call the BBF Head Office on 01482 643551 now to sign up as the places are limited. If you're not able to be a volunteer make sure you come along anyway and enjoy all the Coors Baseball Festival fun. This year the excitement of the big leagues returns to London and Manchester but rolls into Nottingham and Bristol for the first time.

Once again visitors will be able to try out their home-run swing in the Major League and Minor League batting cages, test their pitching speed and accuracy on the Pitcher's Mound and in the Strike Zone or watch the best action in the MLB video pavilion. And of course there will be tons of competitions on the mini baseball field and thousands of pounds worth of prizes to be won.

Dates for your Diary

July 2-5

London - Covent Garden

July 9-11

Nottingham - Market Square

July 16-18

Manchester - Piccadilly Gardens

July 24-26

Bristol - Broadmead



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1998 COORS BASEBALL LEAGUE SERIES FINAL



Saturday 5 and Sunday 6 September 1998

Pavilion Field at Brighton Rugby
Club, Waterhall Valley, Waterhall
Road, Brighton.



Golden Awards

Do you know an older person over 65 who deserves recognition for their achievements?

The search is on, across the UK, for an unsung hero or heroine to receive a Help the Aged Golden Award – a national award scheme which celebrates and acknowledges the achievements of people aged 65 or over who use their experience and energy to help others.

You can nominate an older person for one of four categories:

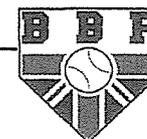
- **Service to the Community**
sponsored by NPI In-Retirement Services
- **Creative Work**
- **Working with Young People**
- **Contribution to Sport**

If you would like further information and a nomination form, please call the Awards Line on 0171-253 2926 or write to Naomi Tonks, Special Events Department, Help the Aged, St James's Walk, Clerkenwell Green, London EC1R 0BE.

Closing date for all nominations is Friday 10th July 1998

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The BBF Fan Club is your opportunity to keep in touch with what's happening in British Baseball.
To join the Fan Club, please send a cheque payable to the British Baseball Federation to:

**British Baseball Federation Fan Club
PO Box 45
Hessle
HU13 0YQ**

TEL: 01482 643551 FAX: 01482 640224

1998 SENIOR LEAGUE STRUCTURE

COORS BASEBALL LEAGUE - SOUTH

Menwith Hill Patriots
Hessle Warriors
Lancashire Tigercats
Kingston Cobras
Leeds Luddites
Barnsley Strikers

COORS BASEBALL LEAGUE - SOUTH

London Warriors
Birmingham Bandits
Brighton Buccaneers
Enfield Spartans
Essex Arrows
Hounslow Blues
Bracknell Blazers
Cambridge Monarchs

NORTHERN CONF

DIVISION ONE

Sheffield Bladerunners
Preston Bobcats
Liverpool Trojans
Newark Yankees
Sileby Vikings
Manchester A's
Cartmel Valley Lions
Durham Centurions

SCOTTISH CONF

DIVISION ONE

Dundee Dragons
Glasgow Comets
Edinburgh Reivers
Kirkcaldy Chiefs

BBF SOUTH - DIV ONE

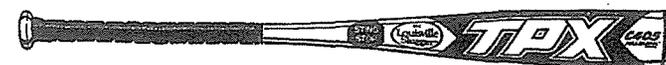
Croydon Pirates
Windsor Bears
Brighton Buccaneers B
Arun Panthers
Bournemouth Sharks
City Slick Sidewinders

BBF SOUTH - DIV TWO

London Exiles
Cambridge Monarchs B
Alconbury Seniors
Tonbridge Bobcats
Milton Keynes Truckers
Caterham A's
Brentwood Stags
Guildford Mavericks

BBF SOUTH - DIV THREE

Croydon Pie Rats
Bracknell Dynamite
Bushey Falcons
Southend Peers
Tiptree Rays
Maidstone Lasers
Richmond Flames
Chiltern Blue Jays



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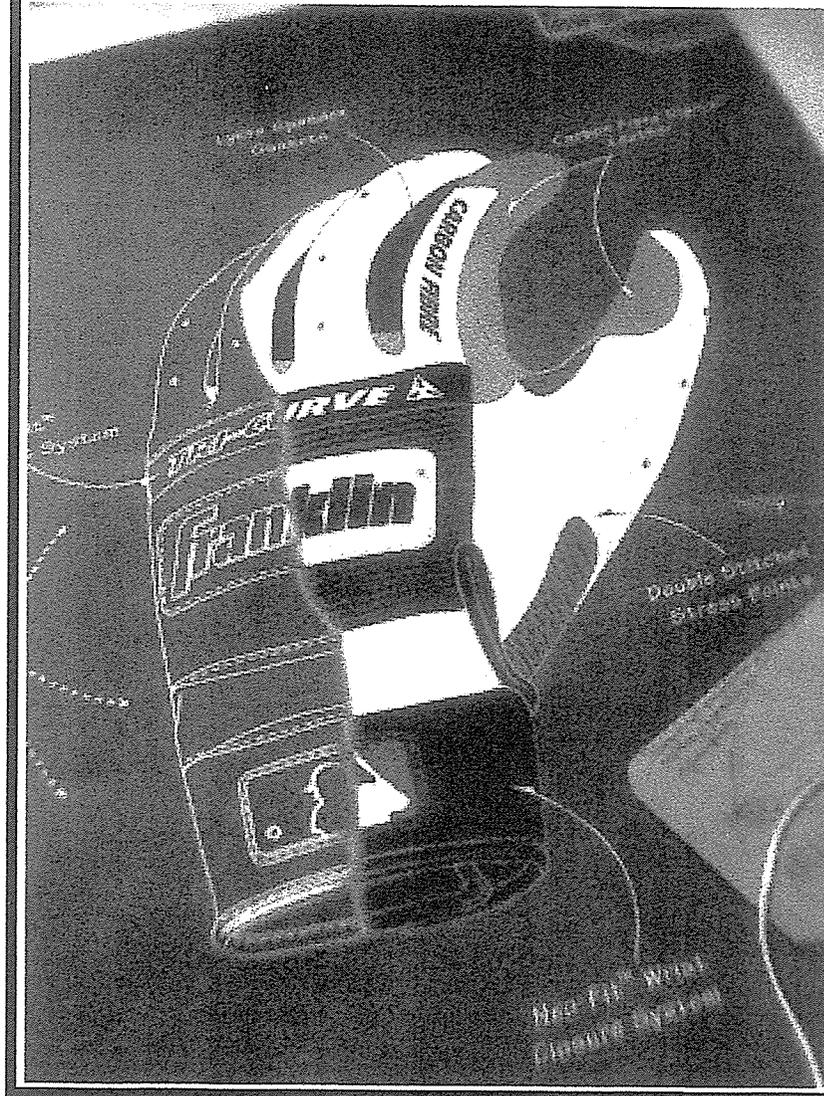
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Please ensure I receive a copy of the 1997 British Baseball Federation Handbook. I enclose my cheque for £5 (cheques made payable to the British Baseball Federation).

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BRIT-BALL
The Official Voice
of the
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Federation

Why not have your own copy mailed directly to you each month, to keep up to date with all the news and views on British Baseball.

Please ensure I receive a copy of Brit-Ball each month. I enclose my cheque for £11 UK annual subscription, £18 overseas (cheques made payable to the British Baseball Federation).

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BASEBALLS

As per BBF Bye-laws, the Franklin 1570D is the official baseball of the British Baseball Federation.

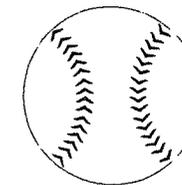
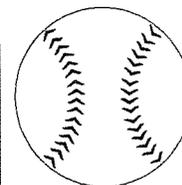
Cost to teams is £36 per dozen including postage and packing. Please allow at least one week for delivery. Send your cheque (payable to the British Baseball Federation) for your required quantity to:

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South-East

Leyton Cardinals
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South-North

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Marie-Court High
School

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Essex Darts
Clacton

South West

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VISUALISE

All right, we've managed to get over the hump of visualisation not being voo doo. So how do you incorporate it into your practice routine and pre game routine? Every coach is going to be different in how they apply visualisation and for how long they utilise it as a tool.

In my own routine, I've tried to include visualisation just before a team defensive practice. I think this helps players to better understand all those special defensive situations. This can be done by sitting the players down for about two minutes and having them close their eyes while you explain the plays. Each player needs to play out their role in the situation in detail. We'd follow this up with the actual training session. Our team might also do this before doing an execution offensive drill like hit and run or 1st and 3rd situations.

On game days, key moments would be picked to work in visualisation. The first key moment for me would be when the other team is conducting their pre game infield and outfield practice. The last thing I want my players to do is watch another

teams infield/outfield routine. To me it is 15 minutes of doing nothing. Instead of watching this, our team would go down one of the foul lines and cover the other teams weaknesses (I never said the coaches could not watch), our game plan and maybe our signals. Then we would get all the players with bats in their hands and I would be the imaginary pitcher. If we were facing a lefty (never said coaches couldn't watch the opposing pitcher warm up either) I'd throw lefty. If we were facing a righty, I'd throw righty. I would then go through a set of imaginary pitches (calling them out) at different locations and in different situations. For instance, I might say, "Slider, low and away with no count." The player then would see my hand movement and would track an imaginary pitch just below the knees and off the plate. Hopefully, no one would swing. Ball one! "Count is 1 and 0, fastball down the middle." Hopefully, everyone would swing. We want the player to swing at that particular location of the pitch and also swing game speed. "Foul ball, count is 1 and 1." Next pitch, "Change up, knee high, outside corner." Again, we would want them to lay off this pitch. Strike

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Two! Count is 1 and 2. We constantly are building a sequence of pitches geared towards making the hitter think about the situation.

The second opportunity for my team to visualise comes just before we start the game. With Five minutes left to start the game, all I want our players doing is thinking baseball and getting focused to play. Everyone has a seat in the dugout and I'll give out some defensive situations or offensive situations while the players close their eyes and go

over them in their mind. Some of these situations may be particular weaknesses of ours or a particular strength of the other team. Regardless, this just gives us one last opportunity to focus on the game.

Open your eyes and take the field for real! You should have a head start since you started the game five minutes before the other team. See it first and then do it!

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Dear Brit-Ball

On Tuesday 14 April, Vince, the BBF's Director of Game Development headed up north to visit the Halton Polecats Youth Baseball Club to provide a player clinic.

Despite constant rain a good time was had by all the young players and the club's ten coaches, and all learnt a great deal, not only about the technical aspects of baseball, but such good reminders as 'the three Ps' (ask Vince for details if you need a P!!!). The day was well attended by the local press and TV. Vince was helped out by Luke Russell, one of the GB Junior players, who helped to put the 'Run' into Runcorn.

The Polecats would like to thank Vince and Luke for their visit, for their input, and for the constant good humour they gave us on the day - even though Vince does keep pointing out Chipper Jones' error in the '97 NLCS!

Thank you for your ongoing support.

Yours in baseball
Ronan Dunne
Halton Polecats Baseball Club



Dear Brit-Ball

On behalf of Caterham A's Baseball Team I would like to thank Barnett for the uniforms they have produced for us. Their service and

assistance when ordering the goods was excellent. The uniforms are top quality, and we can't wait to get out on the diamond wearing them.

If any other teams are considering buying from Barnett, and are wary of sending their money abroad, I would say go for it for both excellent quality and service.

Anthony Weakner
Caterham A's

Dear Brit-Ball

Further to Will Cosgrave's letter in the last issue, I can vouch for the quality of the 'pop-up machine' found in the Index catalogue. Not only will Index deliver it to your door for free if you order over the telephone, but at £9.99 I can find no training aid which gives as much value for money.

We (adults and youth players) have found use for this gadget not only in the comfort of our homes, but also by fixing a cardboard disc

to the top of the gadget, we have spent many happy hours at our local driving range hitting golf balls 'deep into the night'.

Players may want to wrap tape around their bats to protect them whilst hitting. At 50 balls for £2 this proves a very enjoyable and cost-effective way to stay in the groove.

Yours in baseball
Ronan Dunne
Halton Polecats

CONGRATULATIONS

to Craig and Sally Savage on the birth of their daughter, Amber on Monday 13 April, weighing in a 6lb 11oz. A new little sister for Tyler.



INSURANCE

Perkins Slade Ltd, our insurance brokers, are concerned with the awareness of members of the public to the possibility of obtaining compensation where they have suffered injury or damage to their property. It is imperative that any incident, however trivial is advised to them in order that claims can be dealt with under the terms and conditions of our policy.

If an incident should occur during your game or a training session, please ensure that your report is to us immediately on 01482 643551.

OBITUARY

It is with much regret that I have to always a welcome visitor at Bootle Stadium.
inform you of the death of Eddy (Ned) James.

Apart from cycle racing, baseball was always foremost for most of his life. A Trojan first baseman in the forties, moving to management and coaching in the fifties, sixties and seventies, he successfully managed the English Electric Sabres, then to the Auto-matic Atoms, and finally the powerful Liverpool Aces.

It was in the seventies that he was a successful Great Britain manager.

Never away from the game in one form or another, and in the later years he became keenly interested in Ladies Fast Pitch Softball.

In the last few years, with his health failing, Ned would have his son Eddy, bring him to watch the baseball, weather permitting.

Ned was always there to answer and to advise on the finer points of baseball. Always quick to recognise a potential player, he was

A tower of baseball 'know how' and a great loss to our game. Let us hope that Ned has found his 'field of dreams'.

From his old team mate
Norman Wells
Liverpool Trojans

The

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CATCHING - Controlling the Game

Catchers have the second most influence of any position player. Leadership qualities are essential since they will be involved with co-ordinating most defensive plans (Pick-offs, bunt defences, positioning). Since they see all of the field in front of them, catchers are the ones that signal where to go on a play and corrections on positioning. They are constantly in the leadership role.

Show me a good pitching staff and I'll guarantee that team also has a good leader behind home plate. Catchers have several different leadership roles also. The roles between themselves and coaches, pitchers, and position players vary greatly.

Catchers must have a good relationship with coaches. In many ways they serve in a dual role of player and coach. Very frequently, catchers end up being excellent coaches because of this.

The relationship with pitchers is vital also. Catchers must be able to seize the moment when



a pitcher needs encouragement, criticism or just a break. They also must be careful to not over do it by offering too much information. This might overload a pitcher and make them think of too many things while in a game. Every catcher must find that middle ground of how to deal with certain players. It is essential that they find out what works for each individual.

Catchers also serve as the field captains by barking out necessary information. Notice, we haven't even touched on any of the physical skills needed. Having control of the game, in many ways, is what you need most. Most players with control of the game will be smart enough to be able to execute the necessary physical skills.

Vince Garcia
Director of
Game
Development

ON THE MOVE....

Please note the following changes to your 1998 BBF Handbook:

Bracknell Blazers

1st Contact:
Phil Herbert
70 Centauri Close, Leighton Buzzard, Bedfordshire, LU7 8XF
Tel: 01525 375393
Also note this change under the GB Coaching Staff.

Richmond Flames

1st Contact
Wayne Nash
Tel: 01189 402362 / 0973 844161
2nd Contact
Vinney Gibbs
Tel: 0181 986 3439

Hessle Warriors

1st Contact:
David Sharpe
47 Bellfield Avenue, Hull, East Yorkshire
Tel: 01482 798381
2nd Contact:
Ron Fletcher
5 Headlands Drive, Hessle, East Yorkshire, HU13 0JP
Tel: 01482 643091

Guildford Mudcats

1st Contact:
Sheila Dorsett
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IMPROVE YOUR GAME

The baseball season is fast approaching and now is the time to improve your skills and knowledge of the game, and recruit a few new players and coaches to your club. Obviously with all newcomers to the game they require some coaching on the fundamentals. The following two courses provide an excellent forum for this:

Youth Managers Awards

The Youth Manager Award is aimed at anyone involved in teaching or coaching youth baseball. It focuses on child development and learning as well as practice organisation, skills and drills. It is also an excellent introduction to baseball for parents and / or other volunteers and older players wishing to assist in the running of a team. It will even be good for parents who only watch. A good overview of the game can be obtained and people can go on to more advanced courses later as they wish.

The Youth Manager award will consist of elements covering basic techniques:

- Basic coaching techniques
- the coaching of children
- umpiring
- scoring

The course commences at 10.00am and finishes at 4.00pm. The cost of the course also includes a certificate, and the £5 fee is redeemable against registration as a coach, umpire or scorer for the 1998 season.

This is a great way to obtain an officially recognised qualification, which will only serve to help your club. By educating ourselves, we will be in a better position to put the needs and aspirations of the kids first.

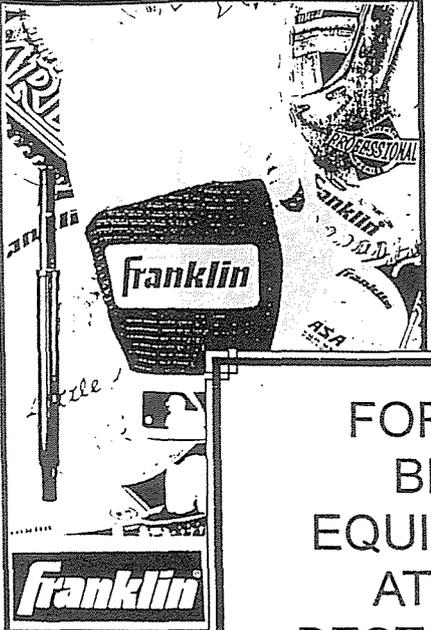
Youth Player Clinic

The Youth Player Clinic is aimed at all youth players (up to Pony upper age level). The clinic will deal with basic techniques, with the emphasis being on enjoyment through learning and getting better.

The course commences at 10.00am and finishes at 4.00pm and costs £5.00

This course is being run in conjunction with the Youth Managers Award to enable both players and parents to enjoy a baseball filled day.

To book a course in your area, please call BBF Head Office on 01482 643551.



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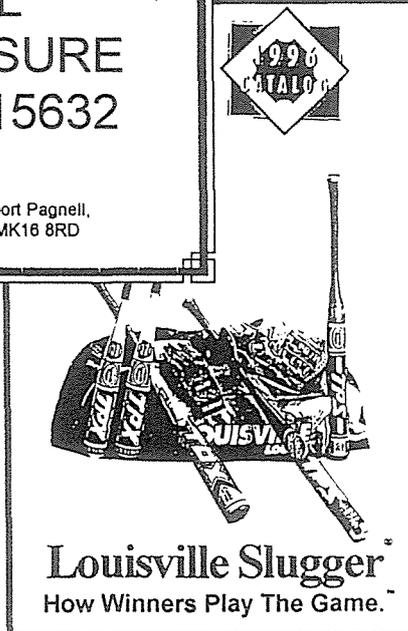
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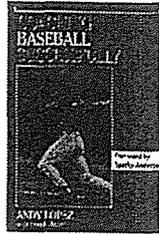
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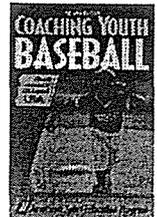
Fit to Pitch

Tom House Foreword by Randy Johnson

1996 • Paper • 216pp

ISBN 0-87322-882-0 • £14.95

In *Fit to Pitch* Tom House combines his on-field experience training with weight room workouts and years of human movement research to bring you proven, practical applications that will strengthen your pitching.



NEW!

Coaching Youth Baseball

American Sport Education Program

1996 • Paper • 152pp

ISBN 087322 965 7 • £10.95

This valuable resource contains 27 practice drills and 96 illustrations. *Coaching Youth Baseball* provides everything beginning baseball coaches need to make their coaching experiences safe, successful and enjoyable.

BBF MARKET PLACE

The following items are available from the BBF to help develop your club.

Diamond Development - contains details of who you can apply to for funding.

Diamond Construction - Full details on how to construct a baseball diamond.

Introduction to the Game - briefly explains the rules and what equipment is required.

History of the Game - a brief history of baseball in the UK.

How to set up a Baseball Team - How do you go about starting your own team - ideas for fund-raising, recruiting players, details of fees, where the BBF spend the money etc.

Teeball - an instructional leaflet on the game of teeball.

Baseball Information Sheet - ideal for people new to the game, it explains what the BBF is and what we can provide.

Parent Information - a leaflet designed for you to hand out to your junior players parents.

Baseball Qualifications - gives the aims and objectives of the coaching association and details on how to attain level A, AA and AAA qualifications.

The Sporting News

Official Baseball Rules - 1996 Edition - only £1 per copy.

BBF Baseball Camp Handbook - Details of how to organise a baseball camp this summer. It full of ideas and available at a cost of £3.50.

Inflatable Baseball Bats - You've seen Atlanta Braves chop, now here's your chance to start a new trend and do the BBF Bash! These inflatables are the same length as a normal baseball bat - 32" and are approximately twice as thick. They are printed with a union jack design. £1 each

Practice Organisation - get your team in order, make them train like the professionals. This step by step guide takes you through a full training session, including stretching exercises, throwing and running drills, infield and outfield drills. Invaluable at a cost of only £1.

BBF Caps - Let people know that you belong to the British Baseball Federation.

These caps are of an exceptional quality, embroidered with the BBF logo. Available in either white with a blue peak or red with a royal blue peak at a cost of £10.

BBF Polo Shirts - Again an excellent way to promote the British Baseball Federation. Available in red, royal blue, or white with the BBF logo on the left breast in sizes S, M, L or XL). An excellent price of £13.

European Championship Caps - An excellent high quality souvenir from this year's event. Available in royal blue, red or black with the baseball, stars and Union Jack logo at a cost of £10.

European Championship Polo Shirts - Again an excellent souvenir from the championships, available in red, royal blue, or white with the baseball, stars and Union Jack logo on the left breast in sizes S, M, L or XL. An excellent price of £13.

BBF Line-up Pads - Each pad contains twenty quadruple sets which will last you the season. At £4.25 a pad can you afford to be without?

BBF Car Stickers - Identifies you with the BBF - excellent for promoting the game. The three colour 4" circles stick to your car windows a snip at 50p each.

Scorebooks - For the CEB scoring system £4.50 per book and the Scoremaster system £4.00 per book.

If you require more information on any of the above please contact:
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