



THE CAPTAINS - WHAT MATTERS MOST

THE CAPTAINS BASEBALL CLUB MISSION STATEMENT

To provide each player with the tools necessary to excel at the high school level and compete beyond high school, through innovative coaching, metrics-based training, and long-term athletic development.

GUIDING PRINCIPLES

In the Captains, we believe that great baseball players don't happen by accident. Great baseball players are built. Our mission is build great baseball players, which requires time, commitment, and dedication. We focus on the "Skills that Scale" by using metric-based training modalities to provide the biggest return on the investment of time, energy, and money.

Rather than dwell on wins and losses at the youth level, The Captains focus on improving our players' measurable skills that will best help them achieve their goals of excelling in high school and competing beyond high school. We have demanding, organized, practice plans that are shared throughout the entire program to ensure that the we are training our athletes in the most efficient way. We also utilize throwing velocity and bat speed development programs (both in-season and off-season) prepared by industry leaders and use technology to regularly measure their skills and track progress, ensuring our training methods are yielding the desired results.

METRIC-BASED TRAINING AND MEASURING RESULTS

The following table shows the measurable skills that we focus on and the ranges of values necessary for success at various levels of play. This helps each Captain understand the commitment necessary to succeed and reach their goals. We utilize technology, like radar guns and bat sensors, to track each player's progress over time. Using these skills and metrics as a road map, our coaches are able to tailor their training to individual players and their teams to ensure steady, consistent progress.

METRICS BY LEVEL	MEASURABLE SKILLS	HS Junior Varsity	High School Varsity	NCAA D3/NAIA	NCAA D2/JUCO*	NCAA D1
	Batted Ball Exit Velocity (mph)	82 - 87	85 - 90	87 - 92	88 - 93	90 - 95
	Defensive Velocity (mph)	75 - 85	78 - 88	80 - 90	83 - 92	85 - 95
	Pitching Velocity (mph)	75 - 82	81 - 88	83 - 90	85 - 92	88 - 95
	Home to 1B Time (sec)	4.4 - 5.1	4.2 - 4.8	4.0 - 4.7	4.0 - 4.6	3.9 - 4.5
	60-Yard Time (sec)	7.4 - 8.4	7.0 - 8.0	6.8 - 7.8	6.7 - 7.7	6.5 - 7.5
	Catcer Pop Time (sec)	< 2.6	< 2.4	< 2.3	< 2.2	< 2.0

*Junior College, or JUCO, skills vary greatly with different levels and regions of the country.

TRUST THE PROCESS

From our experience, players and parents that buy in to the program and trust the process tend to see the best results. We understand that our non-traditional methods are uncommon, and maybe aren't for everyone. Then again, playing at the highest level isn't for everyone either. If you have uncommon goals, you need to:

BE UNCOMMON.

If you are interested in joining the Captains Baseball Club as a player or a coach, please contact Jason Allen at CaptainsBallClub@gmail.com or visit CaptainsBallClub.com for more information.