

# COMMONWEALTH BASEBALL CLUB

## The Clubhouse Corner

November 2020

### ***CBC Fees & Payments***

Commonwealth Baseball Club takes pride in being flexible with families on making payments for fees. To make things easier on all club members, and maintain efficiency with our staff, we request everyone to make installments set below AND use Groundwork's (our online system) as much as possible. As a reminder, below are the installment dates and information about Groundwork's.

October 1 - Deposit  
November 1 - 1st Installment  
December 1 - 2nd Installment  
January 15 - 3rd Installment  
February 15 - 4th Installment  
March 15 - Final Installment



**Groundworks** - Invites have been sent to your email. **IF YOU HAVE NOT** received an email to sign up for Groundworks, please email [info@commonwealthbaseballclub.com](mailto:info@commonwealthbaseballclub.com). Please tell us what email you want the invite sent to. We have found that some of the invites have been sent to alternate emails and not opened or noticed. **Reminder:** By signing up for installments via EFT, there are no fees involved!!!

If you choose to still pay via check by mail, Venmo or PayPal, these options are acceptable as well. Please make payments on the installment's dates listed above.

Thank you to everyone for their attention to this!!!

### ***CBC Tournament Schedules***

Schedules are being finalized and will be released and posted on the website prior to Dec 1. Please be on the lookout!

CBC will set up hotel reservation groups for all travel tourneys and these will be communicated after the 1st of the year. Please try and schedule all hotels thru these links. This helps foster team building and we work hard to get the best rates with the best locations to the fields.

## **PBR Showcase**

We want to congratulate everyone who participated in the CBC PBR Showcase. We had over 70 players that posted a lot of impressive numbers! We appreciate everyone's patience and understanding with the weather delays. If your son was unable to attend this year, we hope they make plans for next fall's event.



Below are some of the top statistical performances per graduating class.

	2022	2023	2024	2025
<b>Max Fastball</b>	Ben Taylor-84	Chase Keen-85	Chardy Tierney-78	Carter Ross-75
<b>Top 60's</b>	Turner Nottmeier- 6.92	Jacob Jones- 6.84	Frederick Reucroft-7.32	Carter Ross - 7.78
<b>Fielding Velocity</b>	Ben Prather -85	Caleb Morrison & Drew Bowles-79	Chardy Tierney-73	Carter Ross-2.15
<b>Pop Times</b>	Clayton Ryan & Same Lewis-2.19	Isaac Tenzca-1.92	Cooper Longhofer- 2.21	Carter Ross - 2.15
<b>Exit Velocity</b>	Ben Taylor- 92	Jacob Jones - 91	Frederick Reucroft- 86	Anthony Kidwell- 82

We also want to highlight 2021 **Dalton Davenport** who posted impressive numbers across the board including a 96 exit velocity!

## **CBC Apparel Store**

- The Wilson Apparel Store closed on Nov 13th. All items will be shipped to your doorstep by Christmas. If you missed the store, you will receive another opportunity in the spring prior to summer.
- HATS are for sale. We have Xpress and Grays playing hats from last year, PLUS trucker and bucket hats available on the website at [commonwealthbaseballclub.com\shop](http://commonwealthbaseballclub.com/shop).





CBC is excited to announce a New Balance store for shoes and cleats with a 20% discount off all items. The Commonwealth Baseball Club 20 store is open for a limited time. Don't wait-the store is only open until December 2, 2020.

**TO ACCESS THE STORE:**

1. Login/create an account
2. Shop the store before it closes

**ACCESS CODE: CBCKY20**

**SHOP NOW**

***Player Spotlight- Grant Stone***

**CBC Team:** Xpress 18U  
**Coach:** Johnny Wills  
**High School:** Tates Creek High School  
**GPA:** 3.2



I have had great summers playing for Xpress. At first it was about playing with my friends, but it turned into a great team with great coaches.

**Favorite Memory:** Tates Creek winning State

Tates Creek Coach Larry Poynter has been the most impactful coach for me. He gave me confidence as a Freshman player by trusting me to compete on the Varsity level, and for giving me the opportunity to pitch in District games.

**College:** I've chosen Roane State. After meeting with the coaches, I liked their energy and enthusiasm for building their baseball program, and I feel like it's a good fit for me.

## ***Lexington Baseball School***

### ***2020 WINTER FIELDING CLINIC***

We are excited to partner with **Seth Knight**, former Dunbar Coach, and current Western Hills Head Coach to bring the "**Pickle the Beast Infield Clinic**" ([picklethebeast.com](http://picklethebeast.com)) to LBS. Other instructors include **Ty Forker** and **Andrew Bryant**.

See below for details and registration.

- **When:** Wed, Dec 2nd. Meets every Wednesday and Sunday thru December (8 Sessions)
- **Where:** The Yard
- **Days and Time:** **Wed** - 7:00pm (8 -12 yr olds) and 8:00pm (13U and up)  
**Sunday** - 4:00pm (8 - 12 yr olds) and 5:00pm (13U and up)
- **Cost** - \$225
- Ratio is 5/1 player to instructor
- Each session limited to 20 players
- All participants receive a t-shirt
- **Open to all baseball and softball players!!**
- **[CLICK HERE TO REGISTER](#)**

Did you know:

- LBS was started in 2006 by John Wilson, one of our instructors. It has since grown into the largest hitting academy in Lexington with 10 instructors (7 baseball & 3 softball) on staff!!
- All CBC players receive 10% of ALL INDIVIDUAL, GROUP, and LESSON PACKS!!

## ***Pitching Performance Lab***

CBC Screening Date at PPL:

**Monday, November 23rd**

Screening groups will be capped at 10 players, and they will be in the facility for 2 hours.

Screening Start Times:

Group 1 - 4:00pm

Group 2 - 5:30pm

(We will add time slots, and possibly a second day if needed)

Please do not enter the facility until the exact time of your screening please.

Pitching Performance Lab  
949 National Avenue Suite 118  
Lexington, KY 40502



### ***MOVEMENT AND THROWING SCREENING***

We hear the word "Mechanics" a lot on a day to day basis. We don't see it as a player having mechanics when they throw or hit. We see it as connected movement. Thinking mechanically can lead to players being robotic and losing out on a lot of power output. Everyone moves differently, and some movements are more ideal than others. A lot of times "mechanical flaws" are actually physical deficiencies. Our movement screening helps find reasoning as to why a player may have a less than ideal movement in their throws or swings. The movement screening helps find physical deficiencies that may be holding your athlete back, and the throwing screening helps find what your athlete may be lacking on the skill side of throwing.

**This screening is for pitchers AND position players**

All athletes will receive a list of physical deficiencies found in their movement screening, as well as videos that show exercises meant to correct the issue.

All athletes will receive a list of the top 3 movement issues in their throwing motion, as well as access to videos of drills to help change those movement issues

**SISO VALUE**

**CBC FAMILIES  
PAY \$100!**

## ***Off Season Wellness***

### **Tips to Build Muscle this Offseason**

Chances are if you are a middle school or high school athlete, you could benefit from putting on some muscle mass. Tread Athletics cites the average NCAA baseball player as having 16.7 more pounds of lean mass than the average high school baseball player, and shows the relationship that mass has to an athletes' power producing abilities (see Figure 1 to view the infographic.) If you have D1 dreams, I recommend shooting for even more muscle mass. 2020 has student athletes staying at home more than ever, near their kitchens with the opportunity to make and eat quality foods at home in the quantities needed to put on serious muscle. This document is intended to give athletes that want to separate themselves from their competition during this time at home the information needed to make the right daily decisions to put on muscle and improve their game.

*OK, so how do I put on "powerful" weight?*

1. **Eat more.** If you are under sized, lifting heavy weights is a priority. However, eating enough food is of more importance. Our body makes energy out of food and uses that energy to pump blood via the heart, move the body with its muscles, and more. Gaining and losing weight is all about doing your best to control the balance of food/energy consumed from your diet and the amount of energy burned to in a day (See figure 2.) That means if the scale is not going up, you are not eating enough. It's that simple, do not make excuses. This means eating is better than not eating. You still need to do your best to eat minimally processed foods with lots of nutrients, but the first priority is simply the quantity of food, so eat more!
2. **Make a "food plan" in advance.** Assuming you are eating enough food, you are more likely to eat minimally processed and nutrient filled foods when you are busy and need to eat if they are already prepared. The analogy I think works best is treating your food like your bat bag (which you should treat well.) If you have school or travel ball practice, you likely take your bat bag. It likely has your cleats, a glove, a bat, maybe a helmet, some batting gloves and if you're lucky some sunflower seeds or gum. In other words, you take everything you might need for any type of drill and even some seeds for when you are in the dugout. No matter how many different things you do at practice you will be ready. If you prepare to eat enough food the same way you prepare all your equipment for practice, you will likely have more success. At night, make a list of what you want to eat and when you want to eat it the next day. That is your food plan. Then make as much of that the night before as you can. This will take some trial and error to see what foods stay overnight well, but the effort is well worth it to get a leg up on the competition.
3. **Drink More Calories.** Drinking more calories makes it much easier to consume more nutrients throughout the day and can help with #2 because most shakes and smoothies are very easy to prepare the night before. Just try to keep the ingredients as nutritious as possible.

Continued...

## Figures

1. Infographic. <http://www.treadathletics.com/wp-content/uploads/2015/07/LeanBodyMass2.pdf>

This infographic summarizes the results of an interesting study that examined the differences in size and power of different amateur and pro levels of baseball players.



2. This is a very simple image to illustrate the relationship between the calories you are eating and the calories your body is using. Your body has to use a few thousand calories to do things like pump your heart and move through your house all day as well as a couple hundred to a little over a thousand more for a couple hours of training. Know this and tilt the scales how you need to in order to gain weight

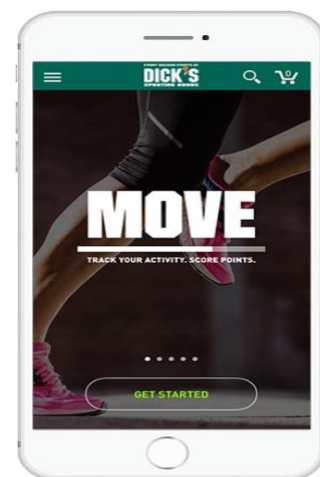
## ***Did you know...***

CBC Families be sure to check out how you earn extra discounts at Dick's Sporting Goods just by staying active!

### **DICKS's Sporting Goods-MOVE Fitness Tracker**

You can earn 3 ScoreCard Bonus Points while using the Move fitness tracker function on the DICK's Sporting Goods mobile app (free app for iPhone and Android):

- By reaching at least 10,000 steps with Fitbit, Apple Health, or Garmin trackers
- By reaching at least 3 miles with MapMyRun or MapMyFitness
- By completing at least 30 minutes of fitness activity



**GET REWARDS**  
Sync your tracker. Meet your activity goals and earn rewards with our latest feature, Move.

Points are subject to a daily maximum of 3 points per ScoreCard account. You must reach your goal in one (1) calendar day in order to receive your points. The next calendar day, your activity will reset back to zero (0).

Earn 100 ScoreCard points for joining MOVE today!

## ***CBC COVID Policy***

2020 has been a very different year for all of us. Covid-19 has changed our lives and the way we go about our daily life. As a baseball club, our utmost importance is your family's safety. Therefore, we have implemented COVID guidelines, along with many of the venues our teams play and practice. Below are some that as a club we must abide by while attempting to play, train and teach your kids on the baseball field.

- All spectators wear masks.
- Facilities have a strict capacity size.
- Temperature checks upon entering a facility.
- Hand sanitizer available for all players and spectators.
- No sharing of equipment.
- No handshakes after a game.

These are just a few that have been implemented. We ask each parent, player and family member to abide by any facilities COVID-19 procedures ask everyone to respect each other and those facilities that are welcoming our teams during these tough times.