

COMMONWEALTH BASEBALL CLUB

The Clubhouse Corner

October 2020

Welcome to Commonwealth Baseball Club!

We would like to welcome all incoming players, parents, and coaches to the 2021 baseball season. We are looking forward to another great season of baseball with our Xpress and Grays teams.



13U

Xpress Blue- Andrew Bryant
Xpress White- Ben Wilcoxson
Xpress Green- Ken Disponett
Grays Black- Paul Richardson
Grays Gold- Bill Webb

14U

Xpress Blue- Chad Mitchell
Xpress White- Parker Selin
Grays Black- Eric Milholland
Grays Gold- Scott Ellis

15U

Xpress Blue- Blake Long
Xpress White- Jared Pierce
Grays Black- Henry Campanioni
Grays Gold- Peter McFarland

16U

Xpress Blue- Mike Tencza
Xpress White- Kenny Gant
Grays Black- Pookie Jones

17U

Xpress Blue- Kevin Goins
Xpress White- Will Padgett
Grays Black- Cody
Christopher

18U

Xpress Blue- Johnny Wills

CBC Apparel Store- COMING SOON!

Commonwealth Baseball Club will soon open an apparel store to offer our players and parents high level gear for this upcoming year. Options to choose from include Xpress, Grays, and CBC apparel. More details to come!



PBR Showcase



PBR Showcase originally scheduled for October 11th has been rescheduled for **October 31st**. Be sure to mark your calendars of this date change. Details regarding session times will be emailed out soon.

Around the Corner....

CBC Payment Due Dates

Deposits were due on October 1st.

Installments Due dates are below:

- November 1 - \$300
- December 1 - \$300
- January 15 - \$300
- February 15 - \$300
- March 15 – Balance of fee

All fees must be paid by April 1!!

Additional Information

- Multiple sibling discounts are applied \$100 per child.
- PO Fee is half of position player fees.
- All players and parents should complete the following forms:
 - CBC Code of Conduct
 - CBC Parent Contract
 - CBC Medical Release Form

Player Spotlight- Rives Cashman

CBC Team: GRAYS

Coach: Cody Christopher and Mike Harley

Age: 16

High School: Lexington Catholic

Year: Junior

Field Position: 2nd Base



Coaches who had the biggest impact on him: A coach that had a huge impact on me in the game of baseball and in life in general was Greg Young, my Little League coach. He taught me to go out and get what you want and not sit back and let everything come to you in life. Another coach that has a great impact on me is Cody Christopher. He has taught me all the fundamentals in the game. He's been my coach for 4 years and has pushed me to excel in every aspect in baseball. He especially has influenced me to become a leader on and off the field.

Favorite baseball memories: One of my favorite memories of baseball was going to a game at Yankees Stadium between the Yankees and Red Sox. My favorite playing memory is when our team played a tournament in Durham, North Carolina.

Favorite MLB Player: Derek Jeter

Goals: Finish high school with 4.0 GPA, go to college and have a great 2021 baseball season

Did you know...

- The first Grays team was in 2008 and consisted of four D-1 players, including Walker Buehler, current Los Angeles Dodgers pitcher.
- The first Xpress team was in 2012. 17 out of 18 players went to play college baseball at various levels.
- The past two years combined; CBC had 43 players go play college baseball. 18 players from last season.

2020 Walker Buehler Loyalty Scholarship Award

In 2018, CBC launched a campaign to honor past players who have been loyal to either Bluegrass Xpress or Lexington Grays programs throughout their career from 13U-18U seasons. Those players who played consistently throughout and never wavered in commitment in CBC programs receive a one-time scholarship payment of \$500.

CBC is proud to announce the following players as recipients of the 2020 Walker Buehler \$500 Loyalty Scholarship Award. Congratulations to Luc Morgan and Barrett McGill. Best of luck to all!

Congratulations to 15U Xpress -Coach Blake Long

North Bullitt HS Annual Fall Tournament Champs and 10-2 so far this fall. Won on a walk off bases clearing double by Cash Doolin. Great job fellas!



Congratulations to 14U Grays Black - Coach Eric Milholland

Diamond Elite Tourney Champs, went 3-1 for weekend. Good job fellas!



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 regardless of your personal feelings. We all have different beliefs and views concerning a wide range of topics, including COVID19, and we ask everyone to respect each other and those facilities that are welcoming our teams during these tough times.

Lexington Baseball School

There are many school of thoughts when teaching hitting, however, two are the most prevalent: rotational or linear.

Rotational has been and is generally taught at the younger ages by fathers who were also taught this years ago. The concentration is rotating your back leg in order to generate power thru the hips and legs. Linear is the transition of weight from the back leg to the front leg, thus generating power by this transition. Neither is right or wrong, just different philosophies. In the major leagues you can see both, however, the best and highest-level hitters generally combine linear with the rotational to generate maximum power. However, at Lexington Baseball School, we recommend at the early ages to concentrate on Linear transition. This teaches good hand coordination of hitting through the baseball to all fields and control of the bat barrel thru the zone. As a hitter progresses, the rotational is brought into the equation to maximize power while still maintaining the ability to drive the ball to all fields. If rotating the hips is introduced at an early age, which it quite often is, the hitter tends to become a dead pull hitter and generally does not use all fields. As the player grows older and faces better pitching, off speed pitches become increasingly difficult to hit. If your son can transition their weight while rotating their hips through the swing and hit to all fields with power, they will be a special hitter for years to come.

Stay tuned for announcements for upcoming Winter Clinics!

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

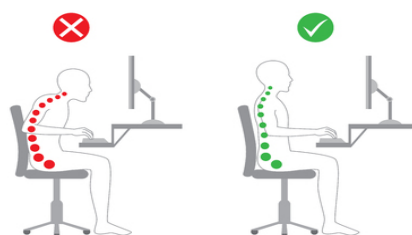
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**CBC FAMILIES
PAY \$100!**

Off Season Wellness

As fall ball is winding down and our athletes are preparing for their off-season, we wanted to provide some simple solutions to common postural and movement issues that we see in our facility on a day to day basis.

With a lot of athletes participating in virtual learning this semester, they find themselves sitting for extended periods of time. One major negative adaptation our body makes when sitting for long periods (several hours at a time) is the shortening of the hip flexors. If upper body posture is not monitored while sitting, we can also see rounding of the spine, as well as forward projection of the head. When these areas of the body start to change, the body compensates by applying tension to other muscle groups that are less than ideal. These postural changes in athletes show up in multiple ways, both in throwing and lifting. Below is an illustration of bad posture vs. good posture:



Aside from monitoring posture and standing up periodically, here are a few simple ways to reduce the negative adaptations associated with sitting for long periods of time.

[Back to wall shoulder flexion](#)

1 x 10 reps, take a breath at the top

[Seated wall slides](#)

1 x 10 reps, exhale at the top, exhale at the bottom

[Low bear t-spine rotation + ER](#)

1 x 10 per side, exhale at the top

[Hip flexor/quad stretch](#)

1-2 minutes per leg, breathe through the nose

[Pigeon hip stretch](#)

1-2 minutes per leg, breathe through the nose

If you would like more information about Kentucky Performance Training Group (partnership between Watts Performance Systems and Pitching Performance Lab), please send an email to smart@pitchingperformancelab.com. We will be offering movement/throwing screenings to CBC players at a discounted rate (\$100, full price is \$150) on Monday, November 23rd. Athletes who participate in our winter training (Starts November 30th), will go through a screening on their first training day at no additional cost to their monthly training fee.

We look forward to providing information to help your athletes and hope to see a lot of you in the facility over the coming months.

Chad Martin and Drew Watts
Kentucky Performance Training Group
949 National Avenue Suite 118
Lexington, KY 40502