

# Legends 16U & 18U

## Tryouts and Information



### 16U Team Focus and Goals

The offseason program will be centered around preparing each player for the upcoming high school season; focusing on a solid strength base to help them manage the rigors of a high school season. The Summer season will center around playing against high school level competition.

### 16U Legends League and Tournament Play

This team will compete in the Mickey Mantle division of the Washington Elite Baseball League. This division currently combines 15U and 16U (primarily freshmen and sophomores) teams into a single division. League play will consist of approximately 18-24 games beginning mid-May and lasting through early-to mid-July.

In addition to league play, this team will compete in 5-6 tournaments which includes league playoffs. This will potentially include up to 3 travel tournaments which may require overnight stays.

Currently, the planned tournaments are as follows:

- Memorial Day Challenge, Hillsboro, OR: May 25-27
- Elite Wood Bat Invitational: June 20-24
- League Playoffs: Early-to Mid-July
- University of Portland and Concordia Team Camp: Mid-July
- Clackamas Open: July 25-28

*Tournaments and dates are tentative and subject to change*



### Tryout Dates:

Tues: July 24, 2018 7:00 - 9:00

Thurs: July 26, 2018 5:00 - 7:00

Sun: July 29, 2017 1:00 - 3:00

### Tryout Location:

Monroe High School

17001 Tester Road

Monroe, WA 98272

### Winter Training:

Start Date: November 11, 2019

Sessions Per Week: 3-4

Hours Per Session: 2-3

Days: TBD

End Date: February 28, 2019

### 16U Season:

Practices Start: May 5, 2019

Games Start: May 16, 2019

Season Ends: July 28, 2019

### 18U Season:

Practices Start: May 19, 2019

Games Start: May 25, 2019

Season Ends: July 28, 2019

## 18U Team Focus and Goals

The offseason program will be centered around preparing each player for the upcoming high school season; focusing on building a solid strength base to help them manage the rigors of a high school season. The 18U team's primary focus will be tournament play, participating in tournaments that give players an opportunity for a high level of exposure to college coaches.

For those players whose goal it is to play baseball beyond high school, the coaching staff will help them setup and learn to manage their accounts on sites like Field Level. The staff will also work with each of those players to create their list of target schools and use coaching channels to promote the players to their desired schools.

## 18U Legends League and Tournament Play

In addition to planned tournaments, this team will play either a short league season or non-league games against other local 18U teams. The goal for this team will be to play 40 - 50 games between Memorial Day weekend and the end of July.

Tournaments currently in consideration:

- Memorial Day Classic, Vancouver, WA: May 25-27
- WCP Father's Day, Vancouver, WA: June 14-16
- Palouse Summer Series, Pullman, WA: June 20-23
- Seattle Elite Josh Dickerson, Seattle, WA: June 27-July 1
- Baden Northwest Invitational, Seattle, WA: Early July
- University of Portland and Concordia Team Camp: Mid July
- Clackamas Open: July 25-28

*Tournaments and dates are tentative and subject to change*

## Coaching Staffs and Roster Philosophy

We're still in the process of finalizing the details for the coaching staffs for both teams. Each team will have 2-3 coaches, though all coaches will work with the players throughout the winter and summer season. Both Coach Murphy and Coach Moore will return for the 2019 season.

Each Roster will have a minimum of 16 players and some players may swing between teams. Players considered for the 18U team will be those that the coaching staff considers to be varsity level players. The 16U roster will be comprised primarily of freshmen and sophomores that can compete at a high level.

## Why Legends?

The Legends Baseball Club is a non-profit organization and is intended to be long term community asset; providing the baseball youth of our community an experience that promotes sportsmanship, instruction, teamwork, respect for, and enjoyment of the game of baseball. Legends supports Little League organizations from age 8-12.

Our mission is to provide a competitive baseball experience for the youth of Monroe and the greater community. We strive to provide baseball players ages 8-18 an experience that promotes sportsmanship, instruction, teamwork, respect for, and enjoyment of the game of baseball.

## Coaches



### Dustin Moore

Coach Moore previously was the Head JV Coach for The Overlake School in Redmond, WA and is currently entering his fourth year as head coach for the Monroe High School C-Team and also oversees hitting for the entire MHS baseball program. In addition to High School baseball, Coach Moore has coached select ball players for over 10 seasons. This season, Coach Moore will focus on working with the outfielders and on in-season hitting.



### Shawn Murphy

Coach Murphy played baseball on scholarships to the Oregon Institute of Technology, Seattle University and Portland State University. He played 27 seasons of baseball in his career and was a four-year varsity letterman in high school as a pitcher, won two state championships in Oregon and was 1st team all-state as a pitcher.

## Winter Training Program

The Legends winter program focuses on preparing each player for the upcoming high school and summer seasons. Focusing on improving player strength and skill level. Players will receive professional level instruction in hitting, pitching and fielding.

- **Weight Training**
  - All players for the 16U & 18U teams will participate in weight training starting in November. The focus will be to build their strength base to improve their ability on the field and to prepare their body for the rigors of every day baseball. While all players will have goals unique to them, on average we would like to see players gain 10-15 lbs. of muscle by the end of the program.
- **Pitching Instruction**
  - All pitchers and those that desire to develop as pitchers will work 1-2 days per week before or after weight training with the pitching instructors. Overall our pitching development will be overseen by Coach Shawn Murphy. The Legends pitching staffs for both clubs will adhere to Pitch Smart Guidelines throughout the season.
- **Hitting Instruction**
  - All players, including those designated as “Pitcher Only” players will work with our hitting instructors. As in years, Curt Nelson will oversee hitting instruction throughout the winter. Hitting will include one dedicated session per week and live at bats versus our pitchers on a separate day starting in January.
- **Positional Instruction**
  - All position players; infielders, outfielders and catchers; will get professional level instruction throughout the winter. The focus will be perfecting technique and honing their skills to compete at the highest level.
- **Throwing Program**
  - All of our players will participate in the Driveline plyocare program. Training ballistically allows pitchers to increase both fastball velocity and arm health by improving efficiency and fitness. Driveline is used by colleges around the country including Vanderbilt and Oregon State University as well as multiple MLB organizations.

## Instructors



### Curt Nelson

Coach Nelson, a former collegiate player, has been working as a hitting instructor in Washington for the last 8 years. Coach Nelson has also coached at Everett Community College for 3 years and works with many local professional baseball players, college players and elite high school hitters including current MLB players.