



NORTH SHORE

Whitecaps

BASEBALL

2018 Program Overview

Fall

There will be 6 practices during the month of September. These practices will be used to get to know the Whitecap Way.

Off-Season Program

Our coaches will be offering a 10-week off-season training program. While this is an OPTIONAL program with a separate fee, all players are strongly encouraged to register to ensure readiness for winter practice. Jeff Schuurmans will be the lead instructor for this program. You will have the option to sign up for one day or all four days for the 10-week period. Each day will focus on a different aspect of the game, with the last 20 minutes (every day) spent on body weight training/conditioning. Mondays and Thursdays' focus is on hitting, Tuesdays' focus is on infielding/catching, and Wednesdays' focus is on pitching/throwing mechanics.

NEW THIS YEAR:

Whitecaps players will get 25% off total fees for Off Season Program!!!

Winter Practices

There will be 2 winter practices a week starting in January and running until the end of March. One of these practices will focus on defense while the other will focus on hitting. The head coaches of each team will lead these practices. Parents are welcome to stay and lend a hand during these drills.

Spring and Summer--(Regular Season)

Our practices will move outdoors to local fields as soon as the weather and field conditions permit. We will practice, scrimmage or play a league game at least 2 times per week. This will help us focus on the development of the player's skills by using mass repetitions during practices, while gaining important situational game play experience as well.

League Play: If we compete in league play, the games will be geographically centered from central Milwaukee to the North Shore.

Tournaments: We will sign up for 5 – 8 tournaments per team depending on teams' overall schedules.

The season will typically end in the middle of July. Please plan camps and vacations after the 16th of July, 2018.

North Shore Whitecaps Volunteer Policy and Opportunities

The North Shore Whitecaps is a volunteer non-profit organization run by a volunteer Board of Directors. The successes of its programs largely rest on the tireless efforts of volunteers. It is the goal of the North Shore Whitecaps to have every family volunteer to help with the operation and overall improvement of the organization. With that being said, we understand that not all families have the time available to volunteer and for those families we offer a volunteer buyout option.

The volunteer buyout fee is \$200 per family and payable by all families at the time of registration. Our goal is to refund all volunteer buyouts. The organization would rather have your time than the \$200 fee. Refunds of the volunteer fee will be made in June. You must have paid the fee to receive a refund. If you choose the buyout option, you will receive a tax deductible donation letter, also in June.

Volunteer positions include:

- Board Member (14), by invitation from club president only
- Team Manager (1 per team)
- Parent Coaching Assistant (2 per team, maximum, and selected by coaches)
- Committee Member
 - Home Field Search Committee (3 Members)
 - Membership Committee (3 Members)
 - Dinning Out Fundraiser Committee (1 per quarter) (1 member)
 - Sponsorship Committee (3 members)
 - Coffee Sale Committee (3 members)
 - Silent Auction Committee (3 members)
 - Tryout Committee (4 members)
 - Fall Ball Committee (2 members)
 - Team Pictures (2 members)
 - Scrip Coordinator (1 member)

