**2019 Cloverdale Minor Baseball Winter Clinics with Joe Germaine**

My name is Joe Germaine, I am a former Division 1 baseball player and have my BSc in Exercise Science and NSCA certification in strength, conditioning, speed, and nutrition. For the last 7 years I have played and coached professionally around the world. While coaching and playing for the top professional teams, I ran the entire youth programs for ages 5-18. On top of this I created the strength and conditioning programs for each team as well.

My goal as an instructor for these camps is to create a fun, fast paced, positive environment presented through competitive games and drills in which players must adapt and overcome challenges. This will keep them focused, engaged, and constantly moving. I want to get players out of their comfort zone and trying tons of new activities in as many different ways as possible. I want players to challenge themselves beyond their physical capabilities in terms of movements, strength, hand eye coordination, speed, plyometrics, mobility, and baseball specific skills (Throwing, fielding, hitting, pitching, and catching). This is the fastest and most efficient way to progress in skill development. In these sessions it is ok to fail as long as you give 100% effort and attempt the task to the best of your ability. No one is good at new skills, drills, and games the first time they attempt them. They are difficult and just out of reach but can be attained through practice. You must fail, fail again, and fail better until pretty soon you can succeed more often than you fail. Then I am going to increase the difficulty again. To become better you must do things differently and to do things differently is definitely not doing the same thing over and over again. “If you always do what you’ve always done, you’ll always be where you’ve always been”.

What is it that sets certain players apart from other players in terms of ability? It’s athleticism. Athleticism is the ability to use the physical traits of speed, strength, and coordination to overcome obstacles. Players who are well rounded athletes pick up sport specific skills much quicker than others. They also have an easier time adapting and reacting to in game situations. The winter sessions will give players the speed, strength, coordination, mobility, baseball skills, and competitive spirit that will give them an edge over the competition in baseball this coming season as well as any other sport they play.

The Bernstein Principle states: “The body will organize itself based on the ultimate goal of the activity.” This is a core principle of my sessions. Players learn by doing so I want to give them as many quality opportunities to be successful before I step in and make corrections. By explaining the desired outcome of the game, limiting the overall instruction, and letting players attempt the tasks first, they are given the chance to adapt to the situation. They learn to become their own best coach as well and find out what works best for them. Every person is different in terms of genetics, limb length, maturity, strengths, and weaknesses etc. To expect everyone to perform a drill exactly the same is preposterous. There are many ways to skin a cat. To achieve the desired outcome each player has to get into the strongest position for their body at this stage in their development. Sure there are small mechanical flaws that I will “coach up” and mental approaches that will help guide the player to success regardless of mechanics but what is going to help the players the most is the tasks, drills, and games that force players to manipulate their movements to achieve the desired outcome. On top of this the players will be having so much fun they won’t even realize they are practicing baseball and athletic skills.

The sessions being offered will improve player’s fundamental movements, hand eye coordination, speed, jumping ability, and baseball skills (Throwing, Hitting, Fielding, Pitching, and Catching). All players will be tested, retested, and tracked throughout the winter sessions in all the skills listed above. Once at the very beginning, once in the middle, and once at the end so players and parents can see the improvement. Every day there will be different games, challenges, and competitions where points will be recorded and posted at the end of each session. There will be a daily champion, a monthly champion, and an overall champion for each session where prizes will be given. The competition is more about encouraging effort, beating your own score, making baseball fun, and keeping players engaged more than anything else. It makes each drill important, and because the games touch on so many different aspects of athleticism anyone has an opportunity to win the competitions regardless of baseball prowess. It is this very concept that allows me to keep every single player challenged and improving regardless of their starting or current skill level in baseball and a variety of activities. Every session will include new skills players have never tried before.

If you are a coach or parent and you would like to help out feel free to let me know at the sessions and I will gladly set you up with a station to get all of the kids more quality reps. I am here to help the kids but also anyone who is looking for drills to do with their team or at home with their son/daughter.

THESE SESSIONS WILL BE THE MOST FUN YOUR CHILD HAS EVER EXPERIENCED WITH BASEBALL

I look forward to meeting you all,

Sincerely,

Joe Germaine