



Baseball Canberra (BC) Pathways

2024 Programs/Streams

Joining Instructions

Welcome & Program Introduction from BC

Chapter 1. Pathways with Partners (PwP)

- Includes UC S&C + 'Speed Stream'
- Includes CP 'Affiliate Program' access
- Includes Brumbies nutrition
- Included Matrix Physio 'screening'
- Includes on-field programming by Cam Warner and others

Chapter 2. UC Strength & Conditioning Pathway (UC S&C)

- Included stream for all PwP athletes
- Note, athletes may register for UC S&C as a standalone stream

Chapter 3. Connected Performance (CP)

- CP 'Affiliate Program' access – included for all PwP athletes
- CP 1:1 remote online training – standalone / optional extra **\$200USD**

Chapter 4. BC Foundations 4 Girls (F4G) – 4 week pilot program

- On field training only / no other streams included

Welcome & Introduction

On behalf of Baseball Canberra (BC), welcome to our Pathways Programs for 2024. The joining instructions provided in this document are designed to assist players and families to get 'up to speed' quickly in preparation for the various BC programs/streams on offer.

BC's Pathway streams end the week of Sun 8 December 2024 (with the exception of the 1:1, remote throwing training with Connected Performance in USA for older, pre-college athletes which runs year-round). BC's learnings from the 2024 program will inform our revised offerings, beginning in February 2025 in the run-up to national Little League tournaments. Watch this space.

The safety and wellbeing of all involved in BC Pathways is paramount. BC requires all coaches/trainers involved in our programs to hold current ACT WWVP 'checks'. A number of our coaches/trainers also hold current first aid qualifications.

Injuries sustained during the conduct of BC Pathways activities must be reported to the relevant coaches in the first instance (as always, if the situation is life threatening, call emergency services). Likewise, if a player is injured (outside) of BC activities, details must be brought to the attention of relevant coaches before the start of each training session.

BC's expectation is that all athletes involved in our programs will commit fully to the process, attend all sessions, and show due respect to all persons involved, including BC and third party equipment and facilities.

While BC Pathways does contain 'pay-per-play' elements (this is needed, for the calibre of the partners involved and related costs), unacceptable behaviour, including behaviour found to be in breach of BC and/or BA policies, will not be tolerated. Such conduct may result in a player being directed to leave the program without refund.

We ask that you take a moment to review BC's Integrity page, here ([Integrity - Baseball Canberra](#)). In registering for one (or more) of the various streams, and having read these Joining Instructions, players/families are taken to have read, understood and accepted the following Codes of Conduct:

[Microsoft Word - \[DRAFT\] Baseball Australia Code of Conduct v0.1 June 2022.docx](#), and

[Parent and Supporter Code of Conduct \(baseball.com.au\)](#).

Please note, participation in BC Pathways is not a pre-requisite for making ACT state teams. All players interested in making ACT rep teams must try out and be found suitable. Tryout dates and timings, to be confirmed.

For further information on BC's programs, or if you encounter any issues, please contact Ryan, Cam or Logan on the details below (*be sure to refer general enquires to your relevant coaches).

Regards,

Ryan Flynn General Manager, BC gm@baseballcanberra.com.au Phone: 0439 519 275	Cam Warner BC Pathways Coordinator cam.warner@outlook.com 0481 263 577	Logan Tudor BC Board Member Pathways Portfolio logantudor@hotmail.com 0487 100 222
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1: Pathways with Partners (PwP)

10-18 years

Pathways with Partners (PwP) is a team-based stream for ages 10-12, 13-15 and 16-18yrs and overseen by **BC Pathways Coordinator** and Canberra Cavalry pro player and former Detroit Tigers minor leaguer, Cam Warner, with support from Peter Gahan, former Cleveland Indians scout and current Baseball Development Manager for NSW Country, as well as Team Australia and Cavs captain, Robbie Perkins.

The program will be delivered on-field by BC's state-level coaches, overseen by the (above) coordinators, in partnership with Baseball NSW, Baseball Australia (BA), UC for strength and conditioning (UC S&C) including speed/change of direction training ('Speed Stream'), the Brumbies nutritionist, Connected Performance (CP) for 'Affiliate Program' throwing programming and Matrix Physio and Sports Clinic in Queanbeyan for a 45min individual musculoskeletal screening session.

To be clear, UC S&C with 'Speed Stream' is included for all PwP athletes (see Chapter 2 for details). CP's 'Affiliate Program' is also included for all PwP athletes (see Chapter 3). All PwP athletes also receive a 45min musculoskeletal screening with Matrix physio. However, CP's separate/standalone, 1:1 remote throwing pathway for our older, pre-college players (intensive, Driveline-style remote training with US-based throwing specialists) is an optional extra at **\$200 USD** and not included in your PwP registration cost (see [Chapter 3](#)).

PwP program timings & key dates etc:

- PwP, team-based, on-field training runs from **19 Aug** to **8 Dec**.
- UC S&C commences on **10 Aug** with an in-person information session at UC, Bruce campus, followed by testing at the same location on **11 Aug** (see [Chapter 2](#)).
- 'Speed Stream' starts on **21 Aug** and runs for 15 weeks, ending **27 Nov** (see [Chapter 2](#)).
- Matrix Physio & Sports Clinic individual musculoskeletal screening sessions must be booked directly with Matrix in Queanbeyan once registration has been paid in full (**book ASAP**).
- A specialist session with the Brumbie's Nutritionist will be organised by UC (**date TBC**).
- **Note, sessions may be impacted by ACT Government field closures and school holidays. Details will be communicated via your coaches/stream coordinators in due course.**

Narrabundah training days/times by age group

PwP Little League stream / 10-12 years:

- On-field baseball training days:
 - Tues 5.30 – 7.30pm, Diamond TBC (starts Tues 20 Aug, ends 3 Dec/final practice)
- ‘Speed Stream’ training
 - Wed 5.00 – 5.45pm, Diamond TBC (starts Wed 21 Aug, ends 27 Nov)
(see [Chapter 2](#) for further details)

PwP Junior League stream / 13-15 years:

- On-field baseball training days:
 - Wed 5.30 – 8.00pm, Diamond TBC (starts Wed 21 Aug)
 - Note, ‘Speed Stream’ overlaps with training/used as active warmup
 - Fri 5.30 – 8.00pm, Diamond TBC (ends Fri 6 Dec/final practice)
- ‘Speed Stream’ training
 - Wed 5.00 – 5.45pm, Diamond TBC (starts Wed 21 Aug, ends 27 Nov)
(see [Chapter 2](#) for further details)

PwP AYC / Senior League stream 16-18 years:

- On-field baseball training days:
 - Wed 5.30 – 8.00pm, Diamond TBC (starts Wed 21 Aug)
 - Note, ‘Speed Stream’ overlaps with training/used as active warmup
 - Sun 2.30 – 5.00pm, Diamond TBC (ends 6 Dec/final practice)
 - Note, Wed and Sun trainings ‘switches’ to Wed and Fri in season
- ‘Speed Stream’ training
 - Wed 5.00 – 5.45pm, Diamond TBC (starts Wed 21 Aug, ends 27 Nov)
(see [Chapter 2](#) for further details)
- Establishment of individual player performance goals (for AYC/SL cohort only, 16yrs+)
 - Aug: meet and establish goals (timings TBC, subject to Cam/team coaches)
 - Dec: end of program discussion (timings TBC, subject to Cam/team coaches)

*Please note, field locations may change subject to availability and weather.

Baseball specific equipment/uniform requirements:

- To keep costs down, a uniform is not included by BC under the PwP stream.
- Players may either wear their club, ACT or previous BC Pathways program uniforms.
- Players must wear: pants, cup, belt, t-shirt/undershirt, cleats, cap and joggers (for cages).
- Other items: water bottle, sunscreen and the players’ individual kit bag, glove and bat etc.

Team-based communication:

- Phone app/team communication method TBC.

PwP team coaches/points of contact:

- PwP Little League / 10-12 years
 - Brett McIntyre, 0438 236 403, mcintyrebrett@hotmail.com
 - Logan Tudor, 0487 100 222, logantudor@hotmail.com

- PwP Junior League / 13-15 years
 - Beau Lessard, 0423 945 741, (team-use email, TBC)
 - Robert Tunningley, 0414 403 596, tunningleyrobert@gmail.com

- PwP AYC / Senior League 16-18 years
 - Ian Watson, 0411 014 977, ian.watson1969@outlook.com
 - Jason McMaster, 0401 285 812, jasonmcmaster72@gmail.com

BC's PwP overall program coordinators/contacts

- BC Pathways Coordinator, Cam Warner, 0481 263 577, cam.warner@outlook.com
- BC General Manager, Ryan Flynn, 0439 519 275, gm@baseballcanberra.com.au
- Logan Tudor, BC Board Member/Pathways Portfolio, 0487 100 222 logantudor@hotmail.com



2: UC Strength & Conditioning (UC S&C) (includes, ‘Speed Stream’)

This joining instruction applies to athletes who have registered for the following streams:

- **UC S&C (Standalone)** – for athletes not registered in the PwP program, and
- **Pathways with Partners (PwP)** registered athletes.

To avoid doubt, UC S&C is included in the PwP stream. That said, some athletes may choose to register for the UC S&C standalone option only. Both streams will train and test together.

UC S&C is a 15-week pilot program (divided into 3 x five week blocks) starting on **Sat 10 Aug** with an in-person program introduction/walk through, followed by **Sun 11 Aug** for initial in-person testing. The home-based exercise program (proper) starts the week of **Mon 12 Aug** (week #1), and concludes **Sun 24 Nov** (week #15). UC S&C also includes ‘speed stream’, 15 x specialised speed & change of direction training sessions with UC from **Wed 21 Aug** (week #1), to **Wed 27 Nov** (week #15) out at Narrabundah ballpark. **Note, sessions may be impacted by ACT Government field closures and school holidays. Details will be communicated via your coaches/stream coordinators in due course.**

Strength & Conditioning Pathway (UC S&C)

Introduction sessions with UC

UC will deliver in-person introduction sessions prior to the start of each five (5) week training block. This will include an overview of the exercises in ‘real time’ and go through the basics of the movement patterns/techniques etc to help players/families fulfil program requirements remotely from home (*note, videos for all exercises will be provided). Trainers will also confirm equipment.

For the upcoming introduction sessions, athletes may need to be split into groups (there is a 20 person cap in the UC gym). Those groupings will be confirmed ASAP.

Block 1	Sat 10th Aug	Group 1: 9.00am – 10.00am Group 2: 10.15am – 11.15am
Block 2	Sun 15th Sept	Group 1: 9.00am – 10.00am Group 2: 10.15am – 11.15am
Block 3	Sat 19th Oct	Group 1: 9.00am – 10.00am Group 2: 10.15am – 11.15am

Testing Dates

In-person testing is essential and will include upper body, midsection and lower body strength, upper/lower body power, acceleration, speed and agility, balance and co-ordination. Height, weight and seated height will also be taken to gauge ‘maturation status’ to help forecast projected height. This will be the 1st set of data that UC/BC collects as we begin to track, evaluate and project athletes.

Test 1	Sun 11th Aug	12.15pm – 2.30pm (3.00pm finish at latest, subject to numbers)
Test 2	Sun 29th Sept	10.15am – 12.30pm (As above, may bump out to 1:00pm latest)
Test 3	Sat 23rd Nov	11.15am – 1:30pm (As above, may bump out to 2:00pm latest)

Location of UC testing and induction sessions

University of Canberra, Bruce Campus, Building 4, next door to Brumbies building:
<https://www.canberra.edu.au/maps> (see location, circled below). Paid parking area (parents may drop off and run if pre-arranged with coaches. *Please be sure to collect your child on time.



UC's remote (i.e. home-based) strength & conditioning

UC will provide four (4) programs to provide some flexibility for athletes. There is crossover between these programs. UC has no way of knowing what equipment people have at home (or have access to via gyms etc). Regardless, all programs will ensure BC athletes are on the pathway to improvement. These programs have been designed with remote/home based exercises using minimal equipment (*gym memberships are not strictly required, to keep costs down for families). Most exercises will be body weight only, e.g. steps/stairs/box, otherwise with a towel or select, affordable equipment.

1. Emerging – Bodyweight (BW)

This program suits brand new athletes of any age who have never undertaken formalised S&C training before and do not have any 'major' exercise equipment at home. These athletes will require the following to complete the program:

- For weights: consider using loaded backpacks, 1L and 2L plastic milk Cartons etc.
- 1 x Resistance Band e.g. 'Circuit Medium Resistance Band – Red', \$12 from BigW:
 - <https://www.bigw.com.au/product/circuit-medium-resistance-band-red/p/267106>



- 1 x 'Micro Band Pack of 4', \$15 from NC Fitness or other suppliers etc:
 - https://www.ncfitnessgear.com.au/product/micro-band-pack/?gad_source=1&gclid=CjwKCAjw5Ky1BhAgEiwA5jGujtSDwdUXWLiiqu94AYVq1jZPopyMgwhn31pBGQImY5KyOpeko5NWURoC9y4QAvD_BwE



2. Emerging – Equipment

This program is for athletes of any age who have never undertaken formalised S&C training before, or are < 16yrs and have done some basic training at home. This program requires that athletes have some 'basic' exercise equipment at home:

- For weights: one Medicine Ball / Kettlebell, weight plates or Dumbbells
- Resistance Bands – see above example, and
- Micro Bands – see above example.

3. Realising – Bodyweight (BW)

This program is for athletes who are >16yrs and have some training experience at home and some basic exercise equipment. If aged >16 and the have never done any training – they must do one of the ‘Emerging’ programs first (see above).

- For weight: one Medicine Ball / Kettlebell, weight plates or Dumbbells
 - E.g. ‘Circuit Neo Kettlebell 6kg – Green’, \$22 from BigW:
<https://www.bigw.com.au/product/circuit-neo-kettlebell-6kg-green/p/290554>



- Resistance Bands – see above example.
- Micro Bands – see above example.

4. Realising – Equipment

This program is for athletes > 16yrs who have access to a more complete gym set-up i.e. either at home (home gym) or they have their own gym membership (e.g. ClubLime):

- Barbell / Trap Bar
- One of Weight plates / dumbbells / med ball / kettlebells
- Bench / Landmine, and
- TRX or Bands.

Access to UC’s TeamBuilder App, instructional videos and PDF resources

Athletes will be provided access to UC’s online programs/exercises through the ‘TeamBuilder’ app. UC will provide details around the TeamBuilder login process. Athletes will also have access to PDF’s plus videos for each program/exercise.

UC speed & change of direction training (‘Speed Stream’)

This stream will teach athletes the fundamentals of acceleration from a standing start, top end speed and also the ability to react and change direction, quickly. The sessions will also examine technical aspects around running and build athlete capacity. 45min sessions, conducted with UC trainers at the Narrabundah ballpark (field, TBC). Equipment requirements are minimal: baseball cleats, running shoes/sneakers, cap, sunscreen and a drink bottle.

Every Wed, for 15 weeks	Starting, Wed 21 Aug Final session, Wed 27 Nov (week #15)	5.00 – 5.45pm
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UC S&C (incl. 'Speed Stream') points of contact

Contact your on-field coaches in the first instance:

- PwP Little League / 10-12 years
 - Brett McIntyre, 0438 236 403, mcintyrebrett@hotmail.com
 - Logan Tudor, 0487 100 222, logantudor@hotmail.com

- PwP Junior League / 13-15 years
 - Beau Lessard, 0423 945 741, (new team email, TBC)
 - Robert Tunningley, 0414 403 596, tunningleyrobert@gmail.com

- PwP AYC / Senior League 16-18 years
 - Ian Watson, 0411 014 977, ian.watson1969@outlook.com
 - Jason McMaster, 0401 285 812, jasonmcmaster72@gmail.com

Otherwise, BC GM, Ryan Flynn or BC Pathways Coordinator, Cam Warner:

- BC General Manager, Ryan Flynn, 0439 519 275, gm@baseballcanberra.com.au
- BC Pathways Coordinator, Cam Warner, 0481 263 577, cam.warner@outlook.com



3. Connected Performance (CP)

'Throwing Pathway with CP'

- Remote, 1:1, Driveline/Tread-style throwing programming and training from the US.
- **\$200 USD per month** paid direct to CP, in either 3, 6 or 12 month blocks.
- This is a heavily discounted rate (e.g. compare with Driveline, Tread quotes etc).
- This is a comprehensive throwing program and will require 100% athlete commitment.
- Note, this optional add-on is separate to CP's 'Affiliate Program' (below).
- If you require further information, would like BC to setup a call with CP, or if you're ready to 'sign up' please call or email Ryan, Cam or Logan (contact details, page 2).



CP's 'Affiliate Program'

- This is included as part of the PwP stream. **No extra cost.**
- CP will host two (2) introduction sessions for BC players/families to introduce the CP team, how to use their phone app/software and explain what's included under 'Affiliate Program'.
- CP's 'Affiliate Program' is a 'lite' version of CP's, full featured, 1:1 remote offering (above).
- Includes instruction around specific throwing patterns, arm care and throwing routines.
- The throwing program will be coordinated by BC's state coaches, on field during trainings.
- For further information, Youtube: 'Connected Performance'.

*For further information on both offerings, refer to CP's slide deck/presentation on the BC registration page – it introduces the CP team, what they offer, how it works and CP's results etc. You may also Youtube, 'Connected Performance' for a range of videos, or follow them on Facebook.

4: BC Foundations 4 Girls (F4G) – 4 week pilot program

BC Foundations 4 Girls (**F4G**) is a 4 week pilot program kicking off in Sept 2024 (start date, TBC).

The program will be led by former BC high-performance program athlete, UC Elite Athlete and Baseball Australia ('Emeralds') player, Maddi Erwin who competed in the Women's Baseball World Cup in 2023 and was one of 14 players to make their international debut. Maddi is also about to complete her exercise Physiology and Rehabilitation degree at UC which is a win for BC Pathways.



Program highlights, from Coach Maddi-

The girls' development program is designed to introduce and accelerate development of foundational baseball skills and gameplay in the lead up to the BC 2024/25 season. With a new BA pathway for female athletes within the sport from u12 through to open women's, now is the perfect time for ACT girls to join baseball. Female athletes aged between 8-16 of all levels are welcome to attend these upcoming sessions. Bring as many friends as you can. The initial 4 week, 'F4G' program will cover the baseball essentials of: throwing, catching, fielding and hitting – as well as a whole lot of fun!

Longer-term, pathways offerings for our girls will be informed by the outcomes of this pilot, based on the interest/numbers registered. To avoid doubt, girls may still register for any of BC's full-featured, 2024 Pathways Program streams (*not included in the F4G pilot program price, below).

Program details (subject to change)

- Cost: \$60.00 (TBC)
- Four week program (TBC)
- Starting in Sept 2024 (start date, TBC)
- 5.30 – 7.30pm Wednesday (or Friday) (TBC)
- Narrabundah Ballpark, Diamond 2/cages (TBC)
- **Note, sessions may be impacted by ACT Government field closures and school holidays**

To express your interests in the P4G pilot program, email BC's General Manager, Ryan at gm@baseballcanberra.com.au. Further announcements to follow. Watch this space!