



BC Amateur Baseball Association

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The following **2010 Baseball BC Identification Camp** is the first step in the process of selecting our Provincial Teams. If you do not make it onto one of these teams, don't get discouraged. It is not the defining moment in your baseball career. Keep working hard and make the team next year.

Each player will be tested amongst their own grad class in the following areas:

1) Running (*standardized*)

- A. 60 yards - two players at time, straight-line (*MLB Avg. 7.0 secs*)
- B. 90 ft (Home to 1B) - clock starts when hitter hits ball, stops when he touches 1B (*MLB Avg. 4.2 secs*)

Evaluator(s) look for:

- i. Athletic movements
- ii. Easy/Laboring runner
- iii. Speed

Comments:

"Long, fluid stride"

"Slow out of the box"

"Choppy steps, better underway"

2) Arm (*standardized*)

- A. OF Arm Strength - players throws from RF to 3B
- B. INF Arm Strength - players throw from SS to 1B

Evaluator(s) look for:

- i. Fluid arm action
- ii. Easy release
- iii. Carry on the ball
- iv. Line of flight
- v. Flexibility

Comments:

"Effortless look"

"Shows on line carry, live arm"

3) Defense

A. INFIELD/OUTFIELD Routine

- i. Coach hits balls to OF's
- ii. OF throw to 2B, 3B & HM
- iii. Coach hits balls to INF
- iv. INF throw 1B, 2B, HM and backhand

Evaluator(s) look for:

- v. Quick feet
- vi. Live, active body
- vii. Agility
- viii. Soft Hands

For Catchers: strength, durability (with a strong arm), smoothness in receiving, soft hands, glove technique, active lower body.

Comments:

"Reads hops well"

"Gets good/poor jumps in OF"

"Has lazy look/body language"

4) Hitting (standardized)

A. Live Batting Practice - players will get 10-15 swings max.

Evaluator(s) look for:

- i. Sound approach - swings at good pitches
- ii. Use of whole field
- iii. Fluid stroke

Comments:

"Contact type hitter"

"Ball jumps off bat"

"Strength for power potential"

"Warning track power"

"Swing too long/sweeps bat"

"Over matched/not aggressive"

5) Pitching (standardized)

A. Bullpens w/ catcher - pitchers will get 10-15 pitches max.

Evaluator(s) look for:

- i. Arm Action
- ii. Delivery
- iii. Velocity (*MLB Avg. 88mph*)
- iv. Breaking Pitches
- v. Control

Comments:

"FB has life/tails"

"Strong/weak hip turn"

"Lacks arm speed"

"Max. effort thrower"

On the evaluation day, players will:

- 1) Register at the field
- 2) Meet with Head Evaluator prior to camp beginning
- 3) Run/Stretch
- 4) Test running - 60 yards and 90ft.
- 5) Warm-up arm
- 6) Test Arm
 - a. OF throw from RF to 3B
 - b. INF throws from SS to 1B
 - c. C throw to 2B (*MLB avg. 1.9 secs*)
- 7) Test Defense - Relay's/Cuts & GB's for INF
- 8) Test Hitting - Live batting practice
- 9) Test Pitching - Bullpen
- 10) Dismissed and each player will get an email regarding their status

**Depending on numbers, player should be at testing for 1.5 - 2.5 hours