RCBA Training Series

Participation in any or all of the following series is free to any active RCBA Coach or Assistant Coach. Coaches from other Association are invited to attend; please bring a cheque payable to "RCBA" for $15.00 for each session attending. Registration is through email to Dan Marriott VP RCBA at danmarriott@shaw.ca. A minimum number of attendees is required in order to hold each session, whether the session is on or not will be through email notification 3 days prior to a session. All sessions will take place in Richmond – watch the website for exact times and locations.

Space in each session is limited by room size, so if you are interested, register now. Don't wait.

Presenters' biographies can be found below Session Descriptors.

Training Session Descriptors

Jan 18, Sat Steveston Community Centre 2pm-4pm

Pitching Mechanics, Hitting Mechanics and Common Faults
Target Audience: Coaches Trainers, Instructors, and Parents of Players of All Ages

This seminar will cover the ideal basic components of hitting and pitching mechanics for coaches to instruct players. The instructors will take the approach of breaking up the two skills into commonly accepted scientific stages of hitting and pitching. It will also include a focus on faulty mechanics that may lead to injury in the adolescent pitcher. Those who attend will be able to take away some observational skills as well as some basic exercises to include at practice or in warm up.

Feb 1, Sat – 2-4 pm - in Richmond exact location TBA

Fundamental Movements for Baseball
Target Audience: Coaches Trainers, Instructors, and Parents of Players 7 to 15 years old

This seminar will focus on movement's key to playing baseball and breakdown

fundamental movement patterns that are essential for developing athletes. Emphasis will be on generic movements that are important for performance in any sporting activity and specific attention will be placed on those important for baseball skills. Coaches and baseball instructors will gain knowledge in how to observe fundamental movement and the key features to be aware of for baseball players.

Feb 15, Sat – 2-4 pm - in Richmond exact location TBA

Movement Correction for Baseball Players
Target Audience: Coaches Trainers, Instructors, and Parents of Players 12-18 years old

During this seminar education will be provided on typical movement deficits that emerge in throwing athletes because of soft tissue loading patterns. Skills associated with baseball will cause the athlete's bodily tissues to become weak or tight in stereotypical patterns and predispose players to injuries. The effect of these patterns will present as altered resting posture and abnormal movement strategies of the limbs and trunk. Attendees will learn strategies and exercises to prevent and correct these typical movement deficits.

Mar 1, Sat – Time TBA - in Richmond exact location TBA

Injury Prevention
Target Audience: Coaches Trainers, Instructors, and Parents of Players of all ages

This seminar will focus on enhancing the understanding of the general process and mechanisms of injuries. It will cover the fundamental stages of tissue healing and describe the different natures of injury that result from playing the game of baseball. In addition, coaches will learn about injury prevention strategies and gain useful tools, exercises and techniques that can be taken right on to the field with their team and players.

April 12, Sat – Time TBA – in Richmond exact location TBA

Warming Up and Cooling Down for Baseball Players
Target Audience: Coaches Trainers, Instructors, and Parents of Players of all ages

During this seminar attendees will learn about a general framework for structuring a proper warm-up and cool-down. The benefits of warm-up and cool-down will be explained in detail. Using the FIFA11+ as a guideline, a pioneering baseball specific movement and warm-up protocol will also be included. Proper warm-up

and cool-down strategies are essential for maintaining a consistently healthy athlete and maximizing safe participation in sport.

May 3, Sat – Time TBA - in Richmond exact location TBA

Hamstring Injury and Baseball Players
Target Audience: Coaches Trainers, Instructors, and Parents of Players 12-18 years old

This seminar will cover the prevalence and risk factors associated with hamstring injury in sport. The game of baseball has several key characteristics based on the nature of the sport that add further predisposition to hamstring injury. We will also cover general strategies in identifying and mitigating said risk factors for acute hamstring injury or consequent recurrence.

June 7, Sat - Time TBA – in Richmond exact location TBA

The "Core" and it's Importance for Baseball
Target Audience: Coaches Trainers, Instructors, and Parents of Players 12-18 years old

Core stability is one of the most commonly misunderstood labels used in athletic endeavours today. This seminar will help to break down some of the common myths and misunderstandings encountered on a regular basis. It will also help to clear up some of the important training points and requirements of the core. We will talk about what exactly the core is, it's role in stabilizing the trunk and extremities, as well as how a dysfunctional core leads to potential injury in a distant structure.

Presenters' Biographies

Peter Francis *Dip. Sports Science, BKin, MPT*

Peter lives in Vancouver and is a practicing physiotherapist at West 4th Physiotherapy Clinic. He grew up in Maple Ridge, BC and after attaining his Bachelor of Kinesiology degree from the University of the Fraser Valley (UFV) he then moved to Vancouver where he completed his Physiotherapy training at UBC.

Peter is has an extensive sporting background as he played for the North Shore Twins (BCPBL) and then went on to play college baseball in the United States

while completing a diploma in Sports Science. He also played BC intercollegiate hockey during his undergraduate education at UFV. Currently, he still plays in a senior men's baseball league and enjoys running, swimming, hiking and generally any outdoor activity. He is also involved in coaching and player development within several youth minor sports organization with a focus on injury prevention and coach education. He is the main contributor to the Baseball BC arm safety blog located at www.blog.baseball.bc.ca

Peter has coached, organized and played at a number of different levels within BC Minor Baseball and Baseball BC. Positionally, Peter is a catcher so he knows the toll that the regular wear and tear can take on a baseball player's body. He truly believes that taking a proactive approach can lead to continued success and participation throughout the baseball season. His experience in baseball has lead him to take a special interest in the adaptations the throwing athlete's body undergoes and their characteristic injuries.

Eric Marriott *BHK, MPT*

Eric is a physiotherapist at Physiomoves Physiotherapy Clinic in Surrey and BodyWorks Sports Physiotherapy in North Vancouver. He grew up in Richmond playing for the RCBA Chuckers and winning a Midget AAA Provincial Championship in 2004. He graduated from the University of British Columbia with a Bachelor of Human Kinetics and subsequently with his Master of Physical Therapy degree.

He has coached baseball teams and players of a variety of ages and abilities ranging from Tadpole to Midget, from recreational to competitive. As a physiotherapist, he has a special interest in the rehabilitation of throwing related injuries for baseball players of all ages and all baseball injuries in general. As a pitcher himself, he has dealt with numerous injuries throughout his playing career and uses these experiences to better inform his physiotherapy practice. He believes injury prevention is the key to keeping young athletes playing baseball and he enjoys talking about baseball whenever possible.