

RHINO BASEBALL

HS PARENT MEETING

Fall Schedule

September 6th through October 20th

X Test is week of Oct 31st - Nov 3rd

Please see separate PDF for fall training schedule

(which was also emailed out)

Players must wear their practice gear to all training sessions

Fall Focus

Indoors

Hitting U
Hitting in Cages
Technology
Strength and Speed

Outdoors

Position Specific
Defensive Training
Baserunning
In Game Concepts

Winter Focus

Winter I Phase (Nov/Dec):

Classroom, yoga, arm development, mound prep, hitting with movement, strength & speed, defensive work

Winter II Phase (Jan-March):

game prep, strength & speed, pitching & team sessions

Spring Focus

Live games

Parent Expectations

Be Better

Facility Rule/Guidelines

- **No outside people(siblings are allowed)**
- **CLEAN UP AFTER YOURSELF! It's been an embarrassment**
- **Absolutely no gum, food, sunflower seeds, tobacco, spitting on ground or metal cleats**
- **No drinks on the turf besides water**
- **If something breaks, please let us know immediately**
- **Out by 11:30pm - cops do get called after that**
- **Weight room only allowed if staff is present**
- **Ball carts, tees and screens do not go back and forth from upstairs to downstairs and vice versa**
- **If you are last person in an area (ex: upstairs in cages or on the field), please turn off the lights**
- **No use of machines, have had too many break over the last couple of years because of disrespect**
- **THIS PLACE IS A PRIVILEGE**

Key Fob

- **Key fob is yours and yours only. Do not share with anyone else. If something happens at facility we will look at the log to see who was in here**
- **Replacement fob is \$20 if you lose it**
- **Players can only enter through the front door with their key fob. They can exit through the side door**
- **Always check the online calendar (rhinosportsacademy.com) when coming in for individual work. If nothing is on schedule it is available to use as first come first served basis. Please work together if multiple people looking to use an area**

Main Instructional Staff

Dave Macdonald - Director of Pitching

Louisville Slugger Freshman All-American at Illinois State
Head pitching coach for Matea Valley HS before Rhino

Craig Tomczak - Director of Player Development

All Conference player at North Central College
Head coach for nearly a decade at Matea Valley HS

Jacob Geiger - Director of Analytics & Technology

Pitched at Illinois Institute of Technology
Received Bachelor of Science in Applied Analytics
Well versed in multiple technologies including Rapsodo,
Diamond Kinetics and Excel

Drew DeMumbrum - Hitting Instructor

Two year captain at Plainfield East and 2016 All State Selection
Played in 126 games at Oakland University with 8 HR and 21 doubles
Had a career .977 Fielding Percentage

Jason Vitas - Hitting, Baserunning & Infield Instructor

Coached at JJC for 6 years and on a National Championship in 2008
Assistant coach at Providence Catholic HS for 13 years
IHSBCA Assistant Coach of the Year and State titles in '14, '15 and '16
Previous Director of Operations for Bo Dome and Cangelosi Baseball

Hassan- Director of Speed and Strength

Speed & Strength coach for Lewis University
Attended Eastern Illinois and member of track & football teams
Played semi-pro football from 1995-2005

Alan Landini - Pitching Instructor

Previously coached and instructed at Pirates Baseball & Sox Academy
Drafted in the 48th round in 2010.

DJ Varney - Hitting & Outfield Instructor

1st Team All Region at Elgin Community College
Played at Illinois State

Cole Bellair - Pitching Instructor

Currently a professional pitcher for Windy City Thunderbolts
All-Big Ten Freshman team at University of Illinois
Winning pitcher in the NAIA National Championship

Greg Blaesing - Catching Instructor

Founded the Rhino program in 2012
All state player at Lockport HS
Louisville Slugger Freshman All-America at Illinois State
Played for the Gateway Grizzlies in the Frontier League

Cherokee Lebeau - Hitting and Infield Instructor

Horizon League All Freshman team in 2019
Perfect Game Preseason All American and Honorable Mention

Kevin DeFilippis - Hitting and Infield Instructor

Played collegiately at the University of Notre Dame
Saw time at every infield position
1st Team All State at Providence Catholic

Joe Stavola - Outfield Instructor

Assistant coach at Aurora Christian
Won a state title in 2018
Helped coach his son who was awarded a Gold Glove in college

Uniform Fitting

- **Uniform fitting days will be October 25th and 26th (more info will be sent out)**
- **Uniforms are to be paid for at the uniform fitting**
- **There will be spirit wear as well as demo products from bat and glove companies**

Performance Testing

- **Twice a year to test a players athletic strengths and weaknesses**
- **Laser 60 time, exit velo, throwing velo, jump mat, 5-10-5, height and weight, grip strength, Diamond Kinetics hitting data, etc.**
- **Builds competitiveness within the program**

Tournaments

- **At the youth level, all tournaments are selected by coaches (with recommendations from staff on proper level and/or certain tournaments)**
- **Coaches of the youth teams collect full tournament amounts from parents, register and pay for them.**
- **Youth coaches are responsible for keeping records of money collected and paid regarding tournaments.**

Technology

- **Virtual Combine**
- **Diamond Kinectics**
- **Driveline Smash Factor Balls**
- **Slo Mo Video**
- **Rapsodo**

Recruiting

- **We will have recruiting zoom classroom sessions to understand what the recruiting process looks like**
- **Educate to try not to have the “deer in the headlights” look**
- **Every players process is different - important to understand that (a 87mph arm as a sophomore will be a different process than a 83mph senior arm) - Don't ever look at others process and think it should be the same.**
- **Want players to take charge of their recruiting when they are ready - help with that process but want players to own it**
- **Virtual Combine will help with data collection, hub for videos, etc.**
- **First question I ask players is “What level do you see yourself playing at?” Answer helps direct process and to understand when those time periods may happen (Ex: P5 timeline vs DIII timeline)**
- **90 is not what 90 use to be**
- **Some conversations may sting and that is ok - our job to be honest with players and coaches alike.**
- **Biggest thing players can do at any age to help their future recruiting? GRADES, EAT AND LIFT!**

If you are close or in the recruiting timeline, then you should be attending college camps this fall and winter!

