

# Riverdale Baseball

www.riverdalewarriors.com

VOLUME 1, ISSUE 2

NOVEMBER 12, 2009

**A newsletter with past, present, and current information that is geared toward the parents, fans, boosters, and alumni of Riverdale Baseball.**

## This is Riverdale Baseball

**Weight Room News:** The Players have just finished their first eight week cycle in the weight room and have followed it up with a max test!

Our weight program is set up on eight week cycles with a max test at the end of each to test strength gains. The players strength gains for the first eight weeks were tremendous. We had some players increase 60 pounds on certain lifts. The lifts that we test on are: Bench Press, Dead-Lift, and Power Clean. The players are also tested on Vertical Jump, Pushup max per minute, Sit-up max per minute, Shuttle Run, and 60 yd time.

All test results are posted in the locker room on our strength and speed board!

Please see to it that your son is eating adequate and keeping himself hydrated. *An often misnomer is that you can hydrate right before a workout and be fine. Proper hydration comes days in advance.*

### Conditioning News:

**Glyde With Clyde:** Our Speed Coach Clyde Avant is currently working with our players every Thursday. He is teaching proper form and technique along with giving tips and hints on how to become faster. It is inspiring to see someone who loves our players like he does come in work with them. It is also comforting to me, as it should be to you, to know that I or any other coach could just not be there during that time and feel totally comfortable that they are getting exactly what they need...a good role model and a good leader!!!!!!

In addition to that, we are mixing it up with our own conditioning as we prepare our players for competition and battles on and off the field. I will tell you what we tell our players...Is this one sprint, this one speed ladder, this one tire flip in Oc-



## Fear the Spear

tober or November going to really help me win a game.....and the answer I tell them is no probably not...but the way you compete, the way you see it mentally, the way you finish it will most definitely win you a game!!!!

### What an Awesome Concept:

I truly believe that the Dynamics of a team are the most important component to making a Championship team a "Champion" or turning them into just "Another" team!!! Everyone-including the parents fit into the Make-up or Let-down of a TEAM

## Coaches Message.....by Brent Whitlock

This time of year, makes people reflect on what they are truly thankful for. I want to begin this message by saying thank you to our wonderful booster club. For the first time, my son, Will, is playing basketball for his school's team. While I have always known the work that was taking place during games and did appreciate it, I am now getting to set in the bleachers and watch. Wait no I'm not I'm working the gate, concessions, getting the referees water, etc. While we as coaches are appreciative, we don't always get around to saying thank you. "Thank You" to each of our wonderful

boosters for your sacrificial giving of your time and talents. The players are continuing to have a great fall. The workouts are challenging them physically and mentally. At this time of year, it is not uncommon to see leaders emerge from the pack. What has been nice to see is the level of leadership from all grade levels. The players have responded to every challenge they have been given.

While Thanksgiving does lend itself to reflection, I can't help anticipating what's ahead for the 2010 Warriors. When we come back from Thanksgiving break, we will have 5 weeks before we begin our preseason throwing program for pitchers and catchers. We are 11 weeks away from hitting the field for the first time.

### UPCOMING EVENTS

- Dec 12: Trap Shoot and Hobo Cookout at Brian Harrell's—10:00-2:00
- December 18: Christmas Dinner in Main Café at 6:00

### Other News

- We have had three seniors sign college scholarships and another verbally commit. Those that have signed: Jake Francis (Lee), Chris Orphanos (Lipscomb), Ryan Stephens (MTSU). Richie Pearl has verbally committed to Jackson State and will sign 1 January.
- Now all that's left to do is win a CHAMPIONSHIP!!
- 2010 Schedules are out and are on web page

### Construction News:

A lot is happening at The Reservation.

- A new entrance is being erected with block columns and a wrought iron gate.
- New women's restroom is being built with attached storage building
- A three foot Ceramic Indian will be displayed and built into new restroom facility with a display light.
- New fence in front
- New dugout concrete and dugout railings with pads

For our freshman, they've almost survived their first semester at Reservation. For our seniors, it's almost over. Be thankful for everyday. Give each remaining workout your attention and focus. Continue working on your Legacy.