



Varsity Club

As players continue to get older and move through the ranks of youth baseball, competition continues to increase, and teams become progressively harder to make. The Varsity Club program is designed for the middle school and high school athlete who is hoping to make their respective school and/or travel team. Gone are the days when picking up a bat and glove in February is enough to be ready for a try-out. With the advances in training, more kids are training harder and longer, and in turn, increasing the competition for limited roster spots. The Varsity Club program will aim to help each athlete reach their talent potential by developing the core skills needed to make a roster. Our instructors will work through **Hitting**, **Fielding**, and **Pitching** to ensure all athletes are prepared to make the roster when try-out dates come.

Dates: Oct. 5 – March 14

October – March: Hitting Groups and Fielding Classes

Athletes will begin their hitting and fielding classes in October, once a week for one hour each. During hitting sessions instructors will break down the biomechanical aspects of each individual's swing and develop personalized routines to improve each hitter. They will continue to build on these routines throughout the Winter and begin to focus on pitch recognition and plate approaches as they move towards Spring. Fielding classes will begin with covering the correct fielding fundamentals and an intense focus on proper footwork. Footwork tends to be the most over looked aspect of fielding when taught by amateur coaches, however, it is one of the most distinguishing skills high level coaches look for. As the program progresses, individual position training will be implemented.

December – March: Pitching Program

The increase in arm injuries at all levels of baseball this year has brought to light the importance of teaching our youth proper stretching, strength training, and throwing mechanics to ensure good arm health, endurance, and strength. In the Varsity Club pitching program, players will learn the proper throwing mechanics with an emphasis on proper set up, rhythm and timing, weight distribution and total body explosiveness to increase velocity and accuracy while decreasing the risk of arm injuries. Participants will receive specialized instruction using video analysis and immediate feedback on strengths and weaknesses. We will also incorporate a new "J-Band" program. This rotator cuff exercise program is key to preventing arm injuries while promoting arm health, strength, endurance and recovery period.

CLASS TIMES

- Hitting (1 hour session per week)
 - **Tuesday:** 7:00-8:00, 8:00-9:00 PM
 - **Thursday:** 6:00-7:00, 7:00-8:00 PM
- Fielding

- **Monday:** 8:00-9:00 PM
- Pitching
 - **Wednesday:** 8:00-9:00 PM

INSTRUCTORS

HITTING/FIELDING

- **Ryan Basham:** 2 Time All Big Ten selection at Michigan State and a 2006 draft pick of the Toronto Blue Jays. Ryan has coached at the high school level for Hannover Central High School and also spent time coaching at Robert Morris University. He is currently the Head Coach for the Indiana Mustangs 15u team.
- **Scott Shirley:** Has spent 13 years as a RoundTripper instructor and coached in the Indiana Mustangs organization for 10 of those years. Scott coached both varsity baseball and softball at Sheridan High School and Noblesville High School.

PITCHING

- **Chris Fetter:** Chris graduated from Carmel High School in 2004 and went on to attend the University of Michigan on a baseball scholarship. After red shirting his freshman year, he contributed to 3 consecutive Big 10 titles from '06-'08. During his 4 years of competition at Michigan, Chris was named to the All Big Ten 1st Team 2 times as well as a freshman All American in '06 and an NCAA All American in '08. He spent 4 years as a professional baseball player in the Padres organization and is now a Major League Scout in the front office with the Los Angeles Angels.
- **PITCHING ADVISORY STAFF**
 - **Dyar Miller:** Pitching Coordinator for the Houston Astros organization.
 - **Mikey Snyder:** Former MLB pitcher and scout. Served as University of Louisville Pitching Coach from 1993-1996. Recently returned from Taiwan where he served as a pitching coach in their professional league.

SIGN-UP

Only the first 24 athletes to register will be admitted in to the Varsity Club program. To register contact Reid Andrews at the RoundTripper facility at 317-896-2900 or via e-mail at reid@roundtripper.com

Membership to RoundTripper facility included in program