



## Point Loma High School Baseball Boosters

January 2007

Volume 1, Issue 1

# Booster-Gram

### Important Dates:

- The Hit-a-Thon will be held at Dana Field on Friday, January 26<sup>th</sup> (JV) and Saturday, January 27<sup>th</sup> (Varsity)
- The next Booster Meeting is Tuesday, January 30<sup>th</sup> at 6:30pm.
- Freshman AAU Tryouts are scheduled for February 15<sup>th</sup> at 2:15pm. See "From the Coaching Box" for more details
- PLHS regular season tryouts are tentatively scheduled for February 17<sup>th</sup>
- Family Clean-Up Day Party & BBQ will be Saturday, February 24<sup>th</sup> at Dana Field

### Winter League February Game Schedules:

#### Saturday, Feb. 3rd

Varsity vs. Hilltop  
Dana Field – 10:30am  
JV vs. Hilltop  
Dana Field – 1:30pm

#### Saturday, Feb. 10<sup>th</sup>

Varsity vs. Bonita Vista  
Dana Field – 10:30am  
JV vs. Bonita Vista  
Dana Field – 1:30pm

The mission of the Point Loma High School Baseball Booster Club is to promote team awareness in the community, increase pride and morale among the coaches, players, parents and friends of the PLHS Baseball program, and to provide support for our mission through volunteer and fundraising activities.

## From the Coaching Box

### Strength and Conditioning

PLNU Kinesiology students and coaches will participate in an after-school strength and conditioning training program at PLHS. The program will be offered twice a week. A group of approximately 20-25 players, selected by Coach P, will be eligible to attend the sessions. Training will be offered primarily to position players, as pitchers and catchers received Booster-subsidized position-specific training from Doug White earlier this year. The training program will run for ten weeks, with an estimated cost of \$1200 - \$1400. The Boosters voted to start funding this program with a \$1200 initial budget.

### Athletic Training:

Coach P introduced Travis Stueve at the January 9<sup>th</sup> Booster Meeting. Travis is a PLNU senior who interned as an Athletic Trainer with the Padres last summer. Travis has a background in baseball-specific strength training and conditioning.

### Outfield Banners

Coach talked about the ongoing project regarding Dana Field outfield fence banners. Coach stated that he had a goal of filling the outfield with banners this season. There are currently four banners on the field. We have room for 20-25 more sponsor banners. Businesses and individuals are able to sponsor banners through the Boosters' Membership Committee. Please contact Vickie Kerley at [plhsbaseballboosters@cox.net](mailto:plhsbaseballboosters@cox.net), or check out the Sponsorship and Donation pages of our web site for more information ([www.plhsbaseball.org](http://www.plhsbaseball.org)).

### Freshman AAU Baseball

Coach P reconfirmed that this team will be open to both 8<sup>th</sup> and 9<sup>th</sup> grade players. Tryouts will be held at Dana Field, and are scheduled for February 15<sup>th</sup> at 2:15pm.

*"Good pitching always stops good hitting and vice versa." Yogi Berra*

## Introducing the Booster-Gram

### Thank you!

Thank you in advance for reading the first edition of the Booster-Gram. You deserve the thanks of every member of the Booster organization, because if you're reading this newsletter you must be a supporter of the PLHS Baseball Program.

### Pitching In

Thanks this month to Chad Hoh, Bob Evert, Scott Sabol, Jeff & Kathy Bruhn, Susan Johnson, Sue Cox, Tom Nielsen, Doug Ament, Atlas Environmental Services, Michael's Printing, Wallrich Construction, the Martin family, the Rose family, the Annen family, the Harvey family, and many others.

### Sponsorships & Donations

Booster merchandise will be ordered soon. At the January 9<sup>th</sup> Booster meeting, Mary Martin modeled a "prototype" of the *Exclusive 2007 Booster Jacket* that will be available as part of the Home Run Donation package. Sponsorship and Donation Forms are available on the Booster web site, and during games at Dana and Correia Fields, or ask for a Donation Form at the Snack Shack. Many new Booster items will be available this season. Submit your form soon so you can enjoy your new baseball gear for the entire regular season.

## PLHS Baseball Boosters

Mailing Address  
PO Box 6547  
San Diego, CA 92166

E-MAIL:  
plhsbaseballboosters@cox.net

The PLHS Baseball Boosters is a  
501(c)(3) organization

Tax ID 95-3800169



Come to a game at **Dana Field**, the  
proud home of Pointer Baseball.

Dana Field is located on the  
grounds of Dana Middle School,  
1775 Chatsworth Blvd.

We're on the Web!

Visit us at:

[www.plhsbaseball.org](http://www.plhsbaseball.org)

## From the Coaching Box

(Continued from page 1)

### Coaches Clinic Update

The USD Coaches Clinic was a great success. Coach Posternack, Coach Quann, and Coach Hein were all able to attend. Coach P said that the Practice Management techniques they learned were particularly useful and many of those new techniques would be phased into PLHS team practice sessions immediately. Coach P thanked the Boosters for funding the PLHS coaching staff's clinic registration fees.

### More Booster News

#### Don't Miss This Event

The "Biggest Booster Event of the Year" is the Annual Spring Reception & Silent Auction, which will be held on Saturday, March 10<sup>th</sup> at the All Souls' Episcopal Church (1475 Catalina Blvd. in Pt. Loma) This is an adults-only fundraiser. Tickets will be \$15. Last year local businesses, Pointer families, and community members donated more than 60 outstanding items. A partial list of items that will be available for your bidding pleasure is shown at: <http://members.cox.net/plhsbaseballboosters/PLHSBaseball/Auction%20Items.htm>. Tickets will go on sale in February. Please contact Event Chair Sue Cox if you would like to make a donation for this event.

#### Family Clean-Up Day Party & BBQ

Saturday, February 24<sup>th</sup> at Dana Field.  
Join the fun!

### Helping Hands

Coach P asked for help from Booster members with various small jobs and errands. Jim Martin, a member of the Publicity Committee, will act as the point of contact for volunteers who can help with these jobs. Please call or email Jim to let him know when you are available to give Coach a hand. Contact Jim by phone at 619-778-9818, or by email at [jmaifriday@aol.com](mailto:jmaifriday@aol.com). This is a great opportunity for families to participate without making a huge time commitment!

### Booster Bylaws & Elections

The new PLHS Baseball Booster Bylaws were adopted by a vote of the Booster Members at the January 9<sup>th</sup> meeting. The Boosters would like to encourage members to consider running for an elected office. The Annual Election Meeting will be held in late February. If you are interested in running, please submit an Officer Candidate Statement of Intent form to Secretary Melinda Medina at the January 30<sup>th</sup> Booster meeting. Forms are available on the Booster web site. Booster Board Member Applications are also on the web.

### Join Us

The next Booster meeting is Tuesday, January 30<sup>th</sup> at 6:30pm. Meetings are held at in Coach P's classroom at PLHS, Room 851.

## *Just One More Thing...*

### *The Future is Now*

Coach P recently discussed some ways that upcoming players could increase their opportunities to play ball in college:

- Follow the example of one Junior class player, who researched various colleges and their baseball programs, and wrote letters of introduction to coaches at the schools he targeted. Taking personal initiative and showing your level of interest and dedication can be a key to being noticed!
- Younger players should take the opportunity to get as additional coaching and sport-specific training as possible. The competition is very strong for college-level playing positions. Evidence of well-practiced technique and excellent physical condition will give players an edge.
- Remember that grades and standardized test scores are also important to college recruiters.
- Players should let Coach P know what their plans are – he can help.

**Coach's Special Request:** "Please restrict phone calls and emails to positive comments."

***Pointer Baseball***