



November 2007
Volume 2, Issue 1

Point Loma High School Baseball Boosters

Booster-Gram

Important Dates:

- The next Booster Meeting is Tuesday, November 6th at 6:30pm. Joins us at PLHS, in Room 851.

More Dates (subject to change):

WINTERBALL

Tryouts: December 7-8
Practices: Tue/ Wed/Thur
from 230pm-430pm
Games: Jan. 5 – Feb. 12

SPRING SEASON

Tryouts: February 18-19
Practices: Start Feb. 18
Games: Feb. 18 – May 17
CIF Playoffs: TBD

ALUMNI GAME

February 19th or 26th

SOLID ROCK TEAM-BUILDING EVENT

Late February, 2008

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 Coach's Box

Coaching Moves

Coach P announced some changes in the coaching line-up for the 2007 season. Varsity Coaches Jon Posternack, Michael Delgado, and Jake Awrey will return, but Coach Dustin Hein has moved out of the area and will not be able to return. Junior Varsity Head Coach John Quann will return, as will JV Pitching Coach Andrew Barone. Freshman-AAU Coach Ian Gomez is also slated to return for a second season.

Upgrades on the Horizon

The batting cages at Dana Field are due to be resurfaced. Coach P is looking for a contractor to assist with the job. Laser leveling of the infield also needs to be done prior to the upcoming season. In addition, Coach P is working with the Boosters on the purchase and installation of a PA system for use during practices and games. On a similar note, Coach P would like to continue and expand the use of game-day busses for the Varsity team and coaching staff.

Booster News

Scoreboard Operator Wanted

The Boosters are looking for volunteers to run the scoreboard during home games at Dana Field. If you are interested in running the scoreboard for a few games, please contact Jim Martin by phone at 619-778-9818, or by email at jmaifriday@aol.com.

An Easy Way to Donate: 24/7

Thanks to our relationship with our non-profit parent organization, The Point Loma High School Foundation and Alumni Association (PLHSFAA), the Boosters are now able to accept credit card donations through the PLHSFAA secure server: http://www.plhsfaa.org/eprocess_bb.html
Log onto the Baseball Booster Donations

Off-Season Training & Conditioning

Doug White will return to run training sessions for Pointer Pitchers and Catchers this Fall. Doug is a NASM Certified Personal Trainer and former MLB International Pitching Instructor. You can learn more about Doug's program at www.passionforpitching.com.

We are also happy to announce that Shane Peterson, a Certified Strength and Conditioning Specialist (CSCS), PLNU Kinesiology Instructor, and PLNU Strength and Conditioning Coach, will return to coordinate an eight-week conditioning program for PLHS Position Players. Both of these programs are made possible by Booster Fundraising Programs. During the Winter Season, Varsity players will participate in a clinic run by Jay Johnson, USD Baseball Coach and former coach at PLNU.

"I became a good pitcher when I stopped trying to make them miss the ball and started trying to make them hit it."

-- Sandv Koufax

page and check it out for yourself. PLHS Baseball Boosters is a 501(c)(3) non-profit organization. Your donations are tax-deductible to the full extent of the law.

2006-2007 Wrap-Up

A belated THANK YOU to the volunteers who assisted at the 2007 PLHS Baseball Recognition Dinner. The evening was lots of fun, and a great success overall. Booster Families, PLHS Players and Coaches were treated to a panel discussion by players from the 1982 PLHS CIF Championship Team. The Boosters also awarded the first annual Coach Delgado Leadership Award to 2007 Season Senior Shortstop Scott Heylman.

PLHS Baseball Boosters

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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.baseball.plhsfaa.org

From the Coach's Box

(Continued from page 1)

Program Building

The PLHS Baseball Program continues to grow and succeed. Last season, the Varsity team was the Lions Tournament AAAA Division Champion, won 17 games during the regular season, and earned the #7 seed in CIF Playoffs. Our pitching staff excelled, ending the season with a 3.50 team ERA over 222 innings. The JV squad posted an 11-12

More Booster News

Outfield Banner Drive

Last season's Outfield Banner Drive was very successful, and several new Business Sponsors joined the Pointer Baseball Family. We still have room for about 20 additional sponsor banners. Businesses and individuals are able to sponsor banners through the Boosters' Membership Committee. Are you a business owner, or do you have friends or family members who might benefit from a Community Sponsor relationship with PLHS Baseball? Please contact us at baseballboosters@plhsfaa.org or check out the Sponsorship and Donation pages of our web site for more information (www.baseball.plhsfaa.org).

Committee News

Volunteers are needed for the Membership, Fundraising, and Publicity Committees. Even the commitment of a few hours of your time can be a great help to the Pointer Baseball Program. During the 2006-2007 Program Year, the efforts of Booster Volunteers and Donors allowed us to fund stipends for

record, 6-6 in the highly competitive Western League, with notable wins against Mission Bay and University City. Freshman/AAU Baseball went to the semi-final game of the single elimination League Tournament. Congratulations to all the Pointer Baseball Teams!

"Any time you think you have the game conquered the game will turn around and punch you right in the nose."

-- Mike Schmidt

members of the AAU/Freshman, JV, and Varsity coaching staffs, sponsor the Fall 2006 Pitchers & Catchers' Clinic and Strength and Conditioning Program, and contribute to the purchase of a new pitching machine.

Board News

The PLHS Baseball Booster Board manages the business of the Baseball Booster Club. There are currently five open seats on the PLHS Baseball Booster Board, available to interested Booster members. The Booster Board would especially like to encourage incoming Freshman and Sophomore parents to consider joining the Booster Board. Booster Board Member Applications are available on the PLHS Baseball website "Library" page, or contact any board member for more information. Current members of the Booster Board include: Joyce Freidman-Hile, Susan Graham, Sharon Haddad-Mundo, Gene Levin, Jim Martin, Mary Martin, Tom Nielsen, Peter Urbon, and Richard Vermazen.

Just One More Thing...

- The PLHS Baseball Boosters would like to ask all Baseball Families, and visitors to Dana Field to be respectful of the facilities. The Baseball Field is shared property. The City of San Diego Department of Parks and Recreation and the San Diego City Schools share use of this area. Remember, when school is in session, all campus policies are in effect. Smoking is prohibited, and no pets are allowed on campus during school hours. Your best efforts will go a long way toward maintaining good relations with the Dana Middle School administration and staff.
- Please note our new web address: www.baseball.plhsfaa.org, and our new email address: baseballboosters@plhsfaa.org
- You are invited to become a member of the PLHS Baseball Booster Club. Membership is open to all Baseball Families, PLHS Alumni, and members of the Point Loma and Ocean Beach Communities. Please see our web site for more information about the Boosters, their activities, and upcoming events.

Pointer Baseball