



NHSBCA Convention, Nashville, TN

By Casie Vogel



This year the NHSBCA's annual convention was held at the Radisson Hotel in Nashville, Tennessee from Thursday, Dec. 2, to Sunday, Dec. 5. In attendance were around 300 coaches, 28 vendors, and 24 speakers.

A full-packed schedule included speakers from baseball programs all over the country on everything from pitching to practice management.

Gary Lamm, a coach from Loretto High School in TN, said he was learning a lot and getting new ideas to tell his kids from the speakers. "It's a good organization, it really is," Lamm said while purchasing raffle tickets.

David Dinger and Chris Parker, coaches from Tennessee high schools, said that they came to the convention to see the speakers and enjoyed the range of various topics at the convention.

Randy Christensen and Michael Breedlove from Georgia said that they try to go to three different clinics a year the NHSBCA being one of those. Breedlove, head baseball coach at Dutchtown High School, said he enjoys meeting and seeing people at the convention.

During breaks, coaches were able to visit some of the various vendors at the convention. Vendors were happy to come to Nashville to connect with high school coaches.

Jim Darby of Easton Sports has been supporting the NHSBCA since its inception. Easton sells top-level, high-performance baseball and hockey gear. Darby said that coaches are really interested in bats this year. "They wanna know about the changes in bats because there are new regulations. This has been a good chance to give them the information they need to know," he said.

Kris Totten, vice-president of Akadema, has been involved with the NHSBCA for 16 years. Akadema sells baseball products with a "personal touch" because nothing is mass produced, Totten said. "It's an opportunity for us to get the product out in front of the customer," he said.

Besides gear like gloves, mitts, and bats, vendors like New Era Park, which sells baseball caps, were at the convention. Debbie Lancellotti, sales representative, said she they provide caps for major and minor league baseball but by coming to the convention she wants to let high school coaches know that their services are available to them as well.

(Continued on page 5)

For 2011 Convention

Thank you to all that attended, we look forward to seeing you next year.

When: December 1-4, 2011

Where: Raleigh, North Carolina

*Look for info on next year's convention in the next issue

ON DECK

What to look for in the next issue

- Team Updates
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Tim Saunders - Coffman HS, Dublin, OH

HOW TO DEAL WITH THE STRESSES AND ANXIETIES OF BEING A SPORTS COACH

By Stanley Popovich

Stress and anxiety are very common when you coach sports. As a result, here is a list of techniques that a coach can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

When facing a current or upcoming task at your coaching job that overwhelms you with a lot of anxiety divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

Challenge your negative thinking with positive statements and realistic thinking. When you encounter thoughts that make you fearful or depressed challenge those thoughts by asking questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get so many wins that you will lose your job. The fact of the matter is that not every coach wins all of the time. All you can do is your best and to always try to improve on the current situation. In addition, there are many coaching jobs available nowadays so if one place doesn't work out then try to find another team.

In dealing with your anxieties at your coaching job, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. Get all of the facts of the situation and use them to your advantage. The more control you have over your stresses and anxieties, the better off you will be in the long run.



Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.



(Continued on page 8)



BCA Membership Association Application
(Membership runs from Sept. 1 – Aug. 31)

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First Last

Title _____
(Head Coach, Assist Coach, Instructor, etc)

School/Organization _____

School Address _____
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Preferred Mailing Address _____
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2011 BCA National Convention: Raleigh, North Carolina
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Sheraton Raleigh Hotel
Convention fee: \$50 pre-clinic fee + current membership paid (clinic fee: \$60 door)

Note: our rates will be changing as of Sept 1, 2011





FOR IMMEDIATE RELEASE

Dec. 13, 2010

FELLOWSHIP OF CHRISTIAN ATHLETES ANNOUNCES BUBBA CATES WINNER OF JERRY KINDALL CHARACTER IN COACHING AWARD

(Kansas City, MO) – The Fellowship of Christian Athletes has selected the University of Tennessee at Martin Coach **Victor “Bubba” Cates** as the recipient of the 2010 Jerry Kindall Character in Coaching Award. Cates will receive his award during the FCA Baseball Breakfast held Saturday, January 6 at the American Baseball Coaches Convention in Nashville, Tn.

Cates is in his 13th season as the head baseball coach at the University of Tennessee at Martin and in his 22st year of college coaching. Prior to joining the University of Tennessee at Martin, Cates led Jackson (TN) State Community College as head coach for 9 years and built it into a successful program. In 1997, the Generals went to the National Junior College World Series. Coach Cates was also named NJCAA Region Coach of the Year as well as named Tennessee Junior College Western Division Coach of the Year in 1996.

“Coach Cates’ commitment to the principles of FCA is character-based, not for show,” said University of Tennessee at Martin Athletic Director Phil Dane.

In 2000, Coach Cates was nearly killed in an accident as he and the University of Tennessee at Martin baseball team returned home from an away game. While several players were injured in the accident, Cates’ injuries were life-threatening. Amazingly and with thanks to God’s blessing, Cates not only survived but returned to coach the team before the season ended.

“What separates Coach Cates apart more than anything else is his exceptional character and incomparable integrity,” said FCA Northwest Tennessee Director Barry Duncan.

A native of Cleveland, Miss., Cates played college baseball for Delta State University (MS) where he played for the legendary coach, Dave “Boo” Ferriss.

Named after Jerry Kindall – former major league player and retired head coach at the University of Arizona – the Character in Coaching Award is presented annually to the college or high school baseball coach who best exemplifies the Christian principles of Character, Integrity, Excellence, Teamwork and Service on and off the baseball field. Coach Kindall was the honorary first recipient of the award at the 2006 FCA Baseball Breakfast in 2006.

#

About FCA The Fellowship of Christian Athletes, the heart and soul in sports, is touching millions of lives... one heart at a time. Since 1954, the Fellowship of Christian Athletes has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful medium of athletics to impact the world for Jesus Christ. FCA is the largest Christian sports ministry in the world and focuses on serving local communities by equipping, empowering, and encouraging people to make a difference for Christ.

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NHSBCA Spotlight
Jennie 'J.D.' Patton
Alvin C. York Institute, TN

By Casie Vogel

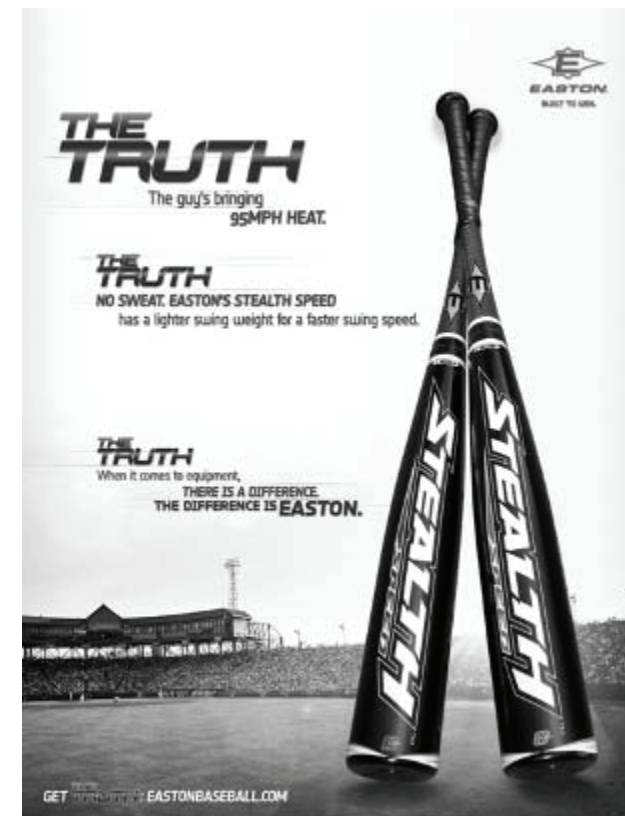


Jennie 'J.D.' Patton from the Alvin C. York Institute in Tennessee was NHSBCA's lone female coach in Nashville this year, but that hasn't stopped her before and it will no doubt stop her in the future.

“I'm kinda used of being the only woman at things that I'm at. Everyone's treated me really well,” she said. Patton has coached volleyball, basketball, football and softball, but she lives for baseball. She started coaching little league when she was just 19 years old and has been a part-time professional baseball scout for the Cubs and the White Sox. “Baseball is a team sport, but it's so individualized. It just suits my personality,” she said.

After 35 years of coaching, Patton has finally become a head coach of her own baseball team. “I had just about given up on being able to scratch of being a head baseball coach,” she said. “But now I can happily take that off my list.”

Patton's story is one of hard work and patience. She's been able to reach her dream and urges others to work towards theirs as well. She says she rarely found anyone that wasn't willing to help her. “I've learned throughout the years that there's ignorance and prejudice,” she said. “You can't do anything about ignorance but the prejudice you can overcome. If you work hard and try to set a good example most people change their mind.”



Patton's school has about 700 students, 30 of which are on her baseball team. Last year, she challenged her players to raise the money to get new uniforms. Now, the Alvin C. York Institute Dragons are sporting brand new purple uniforms.

Patton said she's never had any trouble with her players. “Most students today don't care what you look like as long as you can do your job,” she said.

This is Patton's first year as a NHSBCA member. She saw the convention was being held nearby and decided to drive to Nashville. Patton said she's run into old friends, discovered new things from vendors, and learned a few tips from the speakers.

Patton is currently the only female member of the NHSBCA. “I'm kinda used of being the only woman at things that I'm at. Everyone's treated me really well,” she said. “I've run into a lot of men who say 'You know, it gives me hope when I see you out there because I have daughters who love baseball.’”

2010 NHSBCA Coach of the Year
Ray Evans

By Casie Vogel

Ray Evans, head coach at Flanagan High School in Florida, suspected that this year he would be the NHSBCA's Coach of the Year, but he knows that the award isn't just a testament to his coaching, but the hard work of his entire six-man coaching staff.

"It wasn't like I was coach of the year. It should be like coaching staff of the year. I can't do anything myself," Evans said.

It was very important for Evans that his entire staff was in Nashville for the convention and the awards banquet to see "the event." "I told these guys when they call us up we're all going to go up together," Evans said. "I'm not going to go up because we did this, the team did this. If I could bring the team up I would."

Evans felt Coach of the Year might be going to him because he looked at the list of previous winners. Like many previous coaches of the year, in the past six years Flanagan High School has been to the state final four times, and has won three.

"It really comes down to surrounding yourself with really great people," he said. "I've been very blessed and very lucky, it's my 23rd year of coaching and in the last 8 years I've had a phenomenal staff."

Evans said that sometimes his large coaching staff gets made fun of because some football programs have less coaches, but every person on his staff has a specialty talent. His six-man staff covers every position from outfield and infield to pitching and hitting. His coaches manage their own areas, but it all comes together for games. "It's like a family. We met and started coaching together 8 years ago," Evans said. "We've grown together."

The upcoming season looks good for Flanagan High School. Evans and his staff have 11 returning players, four of which are starters. The players and coaches are looking forward to another successful season.

"Accolades come when your team is successful," he said. "You just do your job and work hard and hopefully those things fall in place."

2010 NHSBCA/Profile Field of the Year
Tom O'Connell - Head Coach

By Casie Vogel

The hard work of around 30 volunteers is what made Catholic Central High School's baseball field in Burlington, Wisconsin this year's NHSBCA's 2010 Field of the Year.

Tom O'Connell, head coach at Catholic Central HS, said that they only pay one assistant coach to make sure the water is turned on, other than that all the grounds keeping is done by a group of community volunteers, mostly alumni and parents.

"I think it was because of the nature of what we do at our ball park. Everything we do is done by volunteers," O'Connell said. "The city owns the land, but we maintain it, upgrade it, we do everything on the property but cut the grass."

Since O'Connell and volunteers started running the field 10 years ago almost everything has been rebuilt or improved. They have torn the old grandstand down, and rebuilt almost everything from the concessions to the bullpens and dugouts. O'Connell said they also bought an old scoreboard from a nearby college. This last spring the city helped pay for \$180,000 worth of new lighting.

"It has been such a cooperative effort to get this field in the shape that it is now," he said. Even the players have to do some of the grounds keeping. After every game players are responsible for raking, sweeping, and weeding. "We wanna make our opponents feel like they're coming to a classy place and they're going to get a good ball game," O'Connell said.

O'Connell said there was one feature of the park that just wasn't in any of the photos of the field. Next to Catholic Central High's field is a lake that follows the right field foul line. "We lose a lot of baseballs but the lake gives it a nice setting," he said.

O'Connell said that he had no idea that they would win field of the year, but thinks it's a great thing. "We love it. We're pretty proud of it. We take a lot of love and care in it. TLC," he said.



NHSBCA Spotlight
Our Canadian Friends

Mark McClain and Brad Andersen
Westpark Middle School
and Alexandra Middle School



By Casie Vogel

At the convention this year, Mark McClain and Brad Andersen became the NHSBCA's only members from Canada. The pair traveled together from Alberta to Nashville for the convention.

"I don't find it surprising, it's a long way to travel," Andersen said. "There's other conventions in Canada that coaches can go to but it's expensive to come all the way here."

Andersen, coach at Alexandra Middle School in Medicine Hat, and McClain, head coach at Westpark Middle School in Red Deer, were looking towards the convention to learn something new to bring back to their schools. "High school baseball isn't at the level it is down here. It's still really in its infancy," McClain said. "It's tough when it's a hockey hotbed."

McClain is trying to make his school a baseball academy, where baseball is a part of the curriculum. Instead of teams, the academies focus on baseball skill development. "It takes the place of another option course. Say the kid is taking art or drama classes, they could take baseball," Andersen said.

Andersen and McClain's programs open to both boys and girls. There are no teams, cuts, or real games in the academies, but since Andersen and McClain's schools are about four hours away from each other they're considering some home-and-home games.

"If you wanna learn the game, we'll get you in the game," McClain said. Baseball academies are growing in popularity in Canada. Andersen said there were two other baseball academies in his area, and six in McClain's province.

"We've got a lot of good coaches up there," Andersen said. "But it's nice to get ideas from the hotbed of baseball."

NHSBCA Spotlight
"Dave and Dave"

By Casie Vogel

Dressed in matching baseball jerseys the NHSBCA's dynamic duo, David Phares and David Rasley (or "Dave and Dave"), sit in the middle of the vendors at the annual convention.

"We have very simple needs," Phares said. "Our job, first off, is try to get as many vendors here as we can. Second job is to keep them as happy as we can."

This year Dave and Dave got 28 different vendors to come to Nashville. Rasley said that their goal was 50 but they did the best that they can. "In order for us to get more vendors we gotta get more coaches to show up," Rasley said. "It's so much easier to get vendors when you have a large number of coaches. It's probably the most important thing of this whole convention."

They contact vendors throughout the year too see if they would be interested in coming to the annual convention. Rasley said he usually starts with current and previous vendors before researching local vendors.

Dave and Dave are both volunteers and donate their time and money to the NHSBCA. "We wanna support high school coaches and indirectly that's supporting kids," Rasley said. "We do it because we love baseball and we like to support kids."

Phares has been involved with the NHSBCA for five years, while Rasley has been for four, but the two have been friends for over 25 years. "It's been a real drag on both of us," Phares said.

The pair can be found in Tempe, Arizona every year at Arizona State University baseball games, where they hold season tickets together.



Dave Phares and Dave Rasley



(Continued from page 2)

DO NOT LET FEAR AFFECT YOUR GAME IN SPORTS

By: Stan Popovich

Sometimes, fear and anxiety can get the best of us in sports. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that an athlete can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to play in an important round. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship golf game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next game.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

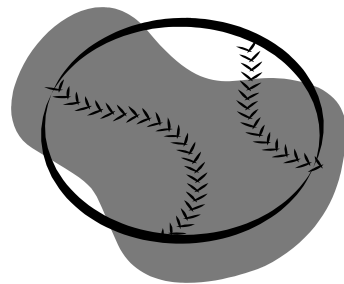
In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your game.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>



(Continued from page 1)

If coaches weren't in the in-hotel Applebee's or talking with vendors, they were in the large conference room hearing speakers.

Bobby Valentine, former MLB manager, spoke during the conference about the best way to manage successful teams.

Other speakers offered advice about specific skills like pitching and hitting. Bill Olson from Ultimate Pitching Academy presented to coaches on the different types of grips for pitchers.

The NHSBCA convention also held its annual awards banquet where Ray Evans from Flanagan High School in Florida won Coach of the Year and Catholic Central High School won Field of the Year.

Jerry Dawson, Hugh Buchanan, Harry Breland and Dick Birmingham were inducted into the NHSBCA Hall of Fame. The NHSBCA will hold next year's convention in Raleigh, North Carolina from December 1 through 4, 2011 at the Sheraton Raleigh Hotel, NC.



2010 NHSBCA Hall of Fame Inductees



Baseball Instruction at the Convention



Jim Darby (Easton Sports) Master of Ceremony at Awards Dinner



Bobby Valentine – Awards Dinner and topic speaker at NHSBCA



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Charles Flanagan High School Baseball Staff, Pembroke, FL.



2010 BCA Field of the Year Catholic Central High School, Burlington, WI.



Tom O'Connell (WI) receiving FOY award



Theresa Seykora (Jostens), Hugh Buchanan, Jim Darby (Easton) giving HOF award



2010 Vendors

J.E.M. Award

This award is given to the State Association that has been involved the most in the national organization during the year. It is based on a variety of criteria that is completed during the year.

Each area is given point values. The winner will be based on totals points awarded. A permanent award will be kept by the national association with the state association name added to the Trophy that will be displayed at each national clinic. This award is given in the name of our association founders - Jerry and Elaine Miles.



Art Griffith with the 2010 JEM Award - Given to Arizona

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To Submit Articles
For FROM the DUGOUT**

stay informed .
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Chandler, AZ —Coaches are encouraged to submit articles for the BCA to consider for the FROM THE DUGOUT publication.
While the primary purpose of FROM THE DUGOUT is to publish articles for coaching instruction and for introducing new baseball products and other baseball publications, interesting stories on coaching also welcomed.
FROM THE DUGOUT also provides coaches an excellent opportunity to have a published article for professional creditability.
Coaches are requested to send a head and shoulder photo and brief resume with their article to be included with the published article.
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