



Constructive DAMAGE

Baseball Canada – LTAD Impact- November 2008

We're here to do constructive
damage to the status quo

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One Vision, One System, One Country

LTAD Report on Baseball Issues on Current System

- No Initiation Program
- No Association Recognition program
- No \$\$ from athletes coming to Baseball Canada
- No Long Term Coaching Development

LTAD Report on Baseball Issues on Current System

- 150 different systems – no relation to LTAD principles
- No Best Practice review
- Training & Competition system – climate based
- Competition / Practice / Recovery ratios
- Competitive imbalance

Timeline?

June 2007

Report on LTAD

November 2007

Competition Review formed

June 2008

Draft / Interim Report

November 2008

Report on Competition Review

Going forward

Shift Happens

Key 1 National Program



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DID YOU
KNOW





Our country was using 5 to 10 different initiation programs not suited for players' development



Initiative #1: The Rally Cap Program

Rally Cap Program

- Implemented in 2006 as official Baseball Canada program
- Using the martial art System when players get a coloured hat if he can accomplish specific tasks
- 40,000 hats produced in 2007 and 2008
- Production of DVD, parent's guide and coaches specific documents (free on-line)
- Rally Cap Player of the week (Contest)

APPENDIX 2 - SAMPLE SKILL CHECKLIST



Sample Skill Checklist for FUNdamentals Stage Program - Rally Cap



White Cap



Grey Cap



Black Cap



Green Cap



Blue Cap



Red Cap

Level/Ability	White Cap	Grey Cap	Black Cap	Green Cap	Blue Cap	Red Cap
THROWING	1) Able to throw a ball 5 feet	2) Able to throw 7 of 10 balls to partner from 10 feet	3) Able to throw the ball 25 feet	4) Able to throw 9 of 15 balls to a 4'x 4' target hung on the backstop of fence from 20 feet	5) Able to throw the ball at a distance of 50 feet	6) From a fielding position, I can throw 10 of 15 balls to 1st base from short-stop
RECEIVING	7) Able to catch a ball thrown from 5 feet	8) Able to field 10 of 15 ground balls from 15 feet	9) Able to catch 10 of 20 fly balls from a height of 15 feet	10) Able to catch 5/5 ground balls, 5/5 fly balls, 5/5 balls thrown by a partner from 15 feet	11) Able to catch 12/15 fly balls not directly hit to me (20 feet in front and 5-10 feet left and right)	12) Able to field 5/5 grounders to the left and 5/5 grounders to the right (regular distance)
HITTING	13) Able to hit a ball off a tee	14) Able to hit 10 of 15 balls off a tee	15) Able to hit 7 of 15 balls thrown underhand	16) Able to hit 7/15 balls past the base paths, rolling or in the air	17) Able to hit 12/15 balls at least 75 feet in distance	18) Able to hit 10/15 balls between cones
BASE RUNNING	19) Know what direction to run after hitting the ball	20) Know what the bases are called (1st, 2nd, 3rd and home)	21) Able to run around the bases without stopping	22) Know how to make a banana turn at 1st base	23) Able to run from 1st to 2nd and slide at 2nd base	24) Able to run from 1st to 3rd with a correct slide at 3rd base
GENERAL KNOWLEDGE	25) I know my team's name, coach's name and names of 3 teammates.	26) Able to name all the position numbers	27) I know 3 different ways to get a player out	28) I know where to throw the ball when I field it.	29) I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul	30) I know where to position myself depending on the hitter

Key 2 Streaming

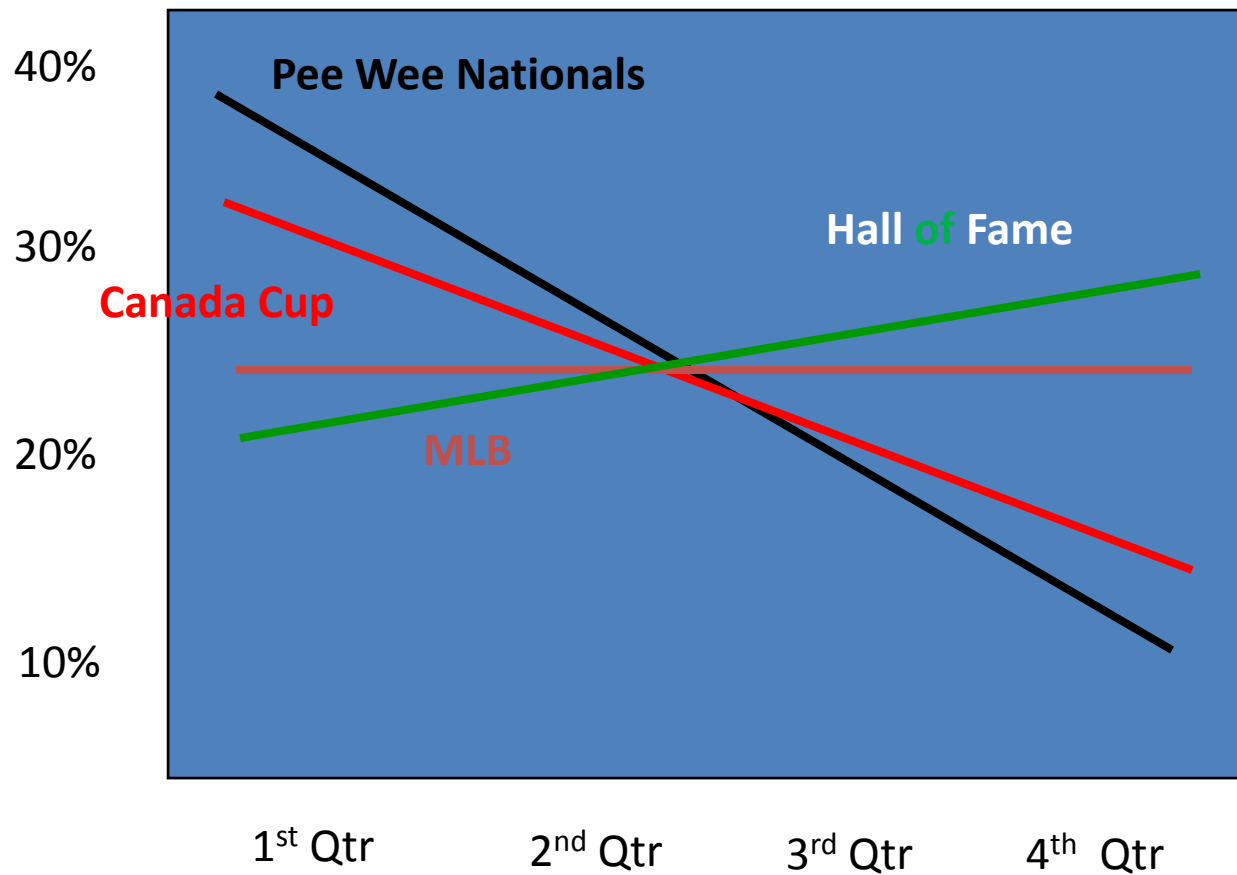


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Birth Date Effect - Effet de date de naissance





Maybe ??

2007 - Jan 1

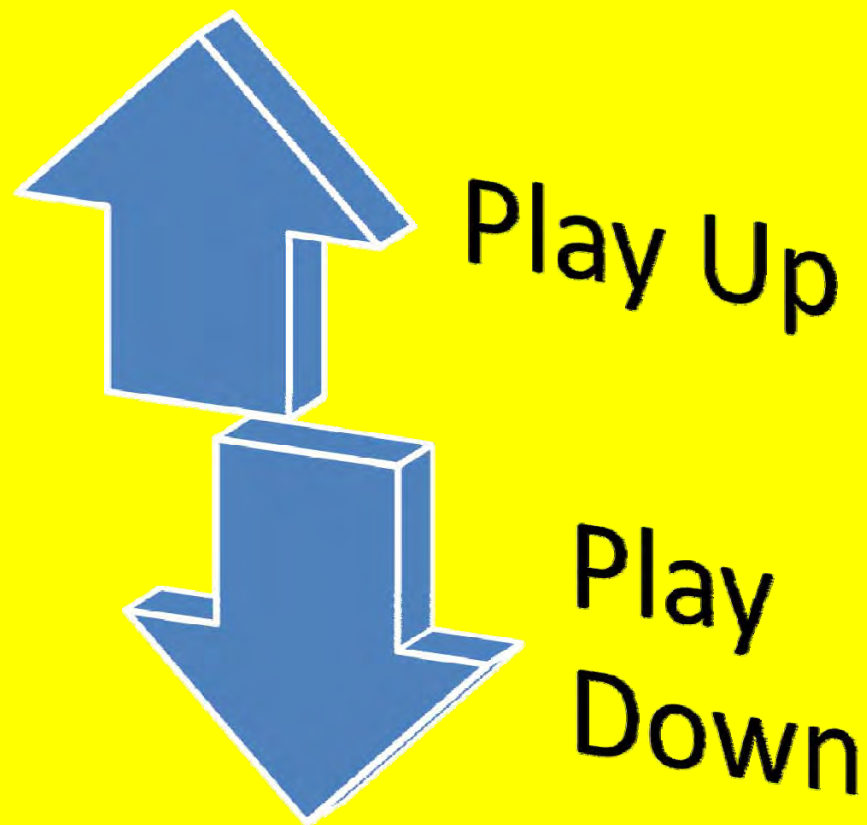
2011 - Oct 1

2015 - Apr 1

2019 - Jul 1

2023 - Jan 1

When should we permit?




Key 3 Safety

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**DID YOU
KNOW**





MOST INJURIES
OCCUR TO PITCHERS
BECAUSE THEY
THROW TOO MUCH IN
A GAME AND DURING
A SEASON ?



How many pitches has he thrown?



Initiative 3

Pitch Count Approach

Guidelines for protecting our young pitchers

*Implemented at the Pee-wee level in 2008 and
will be implemented in 2009 at Bantam level*



Consistent, Athlete-Centered, Coordinated

Key 4 Re-alignment




DID YOU
KNOW



A young boy with red hair, wearing a white New York Yankees baseball uniform with blue and red trim, a black cap, and a black belt, is running on a baseball field. He is looking towards the left of the frame with a focused expression. The background is a blurred green field and a dark fence.

Focus on National Play at Club level

Too early reduces pool of players
competing at highest level of each stage



Current
Canada Cup
Format???

Does it meet the needs of the developing athlete?

Does it meet the needs of our National Teams?

Does it screen OUT players?

\$\$\$\$\$\$? Best use of limited resources?

Does it provide competitive balance?



**Realignment of competition to address streaming
which includes more regional events**

Area Codes Regional National Championships



BASEBALL
CANADA

780-403
260-250
604

204
705
306

519-406
416-905

819-418
514-450
613

709
902
506

Key 5 Appropriate Competition



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KNOW**



LITTLE LEAGUE WORLD SERIES PARTICIPANTS
WHO MADE IT TO THE MAJOR
LEAGUES????..... (IN MORE THAN 50
YEARS)



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<i>LTAD Stage</i>	<i>Age</i>	<i>Top designation</i>	<i>Highest level of competition</i>	<i>Other events</i>	<i>Notes</i>
Active Start	0-4	N/A	N/A	N/A	
FUNdamentals	5-8	N/A	N/A	N/A	
Learn To Train	9-12	AA	10U - Regional & Provincial (club teams) 11U - Provincial (club team) 12U - Provincial (regional team)	Local	
Train to Train	12-16	AA	13U - National Regional (area codes, 5 x 10 teams) 14U - Provincial Games (regional team) - Dev. Camp in off year 15U - National Regional (3 x 10 teams) - Regional Team	Local	Proportional entries for national regional BC, ON & QC (3 each) AB-SK,MB & Atlantic (1 each)
Learn to Compete	16-18	AAA	16U - National (Provincial team) 17U - National (Provincial team)	Provincial Club Team Events	*Proportional entries for national regional BC, ON & QC (3 each) AB-SK,MB & Atlantic (1 each)
Train to Compete	18-23	AAA	20U - National (Provincial team) 23U - National (Provincial team)	Local	
Learn to Win	18+	N/A	Pros- Colleges- National Teams	Local	
Train to Win	18+	N/A	Pros- Colleges- National Teams	Local	
Active for Life	All ages	Open	Open - National (club or provincial team)	Local	



Key 6

Club Mark

**DID YOU
KNOW**





Associations are asking for
directions and we can help

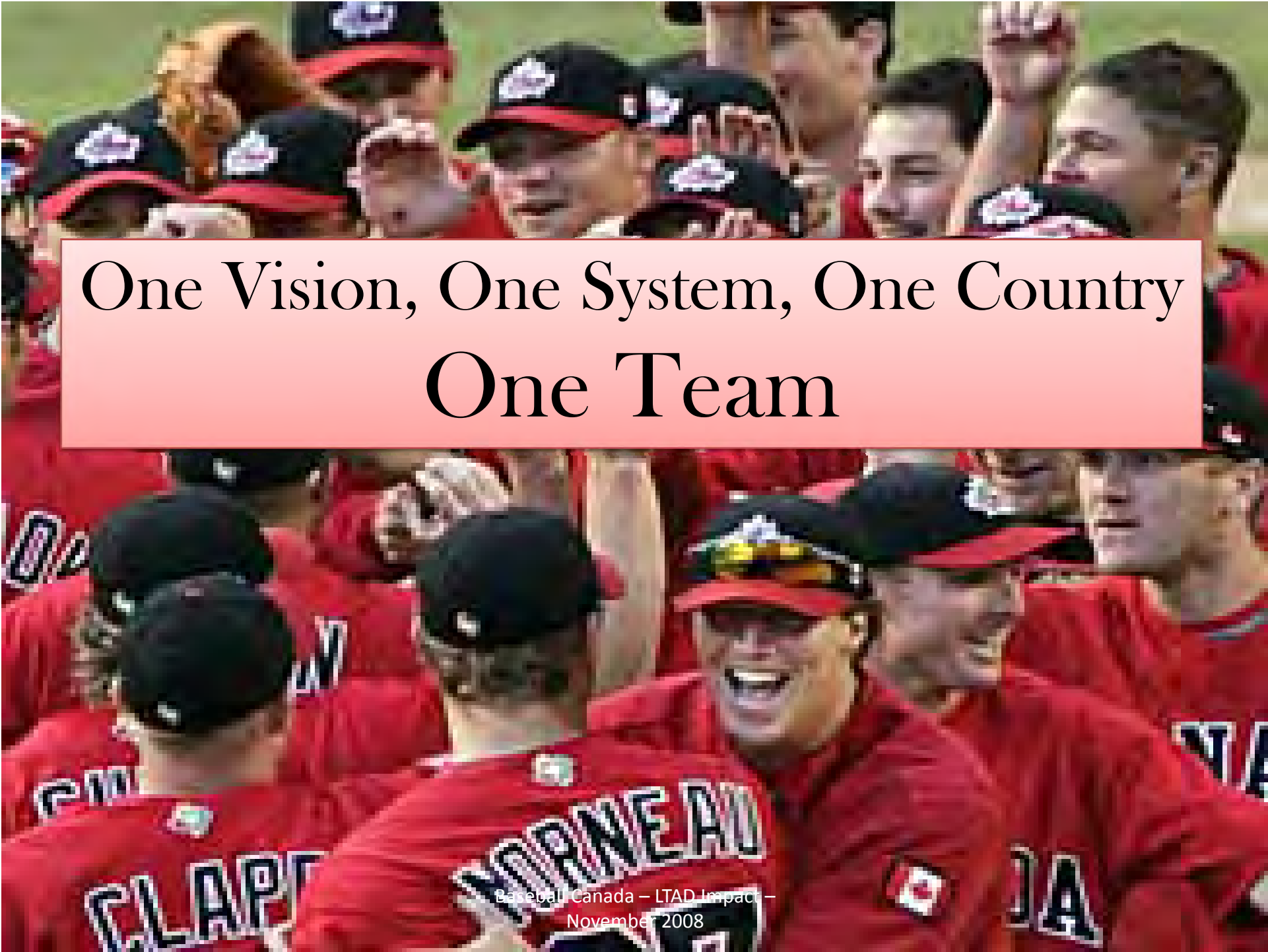
RBI Program

- Ensure that local baseball associations apply core common criteria to ensure that consistent good practice is in place
- To empower parents when choosing a local baseball association for their children.
- To ensure that RBI Accredited Associations are recognized through a common approach to branding.
- To provide a focus around which all baseball associations in Canada can come together to support good practice in working with children and young people.
- To promote and reward registration/membership within Baseball Canada, baseball's national federation of sport, as well as within the Provincial Baseball Associations.

RBI Program

- RBI accreditation is awarded to local baseball associations that comply with minimum operating standards in four areas:
- **Development Programs**
- **Membership with Baseball Canada**
- **Coaches Training**
- **Accessibility**

NOW YOU
KNOW



One Vision, One System, One Country
One Team

If you don't know where you want to go,
any strategy can take you there

A photograph of a person standing on a paved road in a desert landscape, holding a cardboard sign that says "ANYWHERE". The sign is made of brown cardboard and has the word "ANYWHERE" written in black marker. The person is wearing a white shirt and a dark skirt. The road has a white dashed line and a yellow dashed line. The background shows a vast, flat, arid landscape under a clear sky.

ANYWHERE

COMPETITION <<<



COMPETITION

If a Canadian player is fortunate enough to receive good coaching and train with an appropriate development model in a well managed environment, their next challenge is playing within a suitable competition format. The current game formats, leagues, and tournaments in Canada are often unsuitable for the players and regions they serve.

CHALLENGES

- Competition structure is not integrated or rationalized at all levels across Canada
- Competitive seasons are based on tradition, weather and other programs
- No periodization guidelines are available for appropriate training, competition, recovery
- There is inconsistent access to competition and training
- Appropriate off-season programs unavailable to many players

EXPECTED OUTCOMES

- Rationalized competition structure that is LTAD compliant
- Defined periodization of training, competition and recovery phases for all development stages
- Clearly defined roles for different organizations and competitions
- Guide for player development during games for each stage of development

STRATEGIES

- Undertake a competition review
- Ensuring appropriate training to competition ratio and rest / recovery requirements at key stages
- Review rules considering LTAD and alignment of rules nationally
- Ensure appropriate level of competition at each stage by designing competitions appropriate to stream and age
- Introducing LTAD materials into coach training for all contexts
- Establishing appropriate programs and access for athletes to enter the stages at different entry points

Canadian Sport for Life

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WE ARE DEVELOPING THE PLAN



**“Competition¹ is a Good Servant²,
but a Poor Master”**

As the Long-Term Athlete Development (LTAD) process evolves for sports, it raises as many questions as it answers. One issue that

Excluding Talent

November 2008