



2009

"Work the Process"

Presented October, 2008
Parent/Player Meeting

Work the Process

- Process, noun.

1. A continuing development involving many changes.
2. A method of doing something, with all the steps involved.

“Why is this moment the most important moment of your life?
~Because it is the only one that you are guaranteed.”

The Titan Baseball Mission

The mission of Titan athletics is to develop students for success in their sport and to teach them how to carry that skill, training, work ethic, and experience into successes in everything they do - in high school and into their adult lives.

As a coaching staff, we are committed to teaching them the fundamentals for being a successful and productive person in our society.

This goal is achieved through the building of character, the teaching of discipline, the acceptance of responsibility and the ability to manage time---on and off the baseball field.

Coaching Staff



- **Mack Paciorek, Head Coach**

Mack begins his 2nd year as Head Coach in 2009. A Titan himself, Mack earned honors as 1995 and 1996 1st Team All Rio Hondo League, 1st Team All San Gabriel Valley, All CIF, and in 1995, All State. Mack was a part of the 1995 CIF Championship team.

After his successful high school career, Mack went on to play 4 years of college baseball, earning honors as All Big 12 shortstop at Iowa State University. In 1998, Mack was drafted by the Detroit Tigers.

After leaving professional baseball, Mack continued his passion for baseball by developing young players, as Assistant Baseball Coach for Cal Poly Pomona, Baseball Program Director for the California Baseball Academy, Instructor and Coach for Baseball Factory (college recruiting service,) and as a Coach for the Danville Dans (prestigious summer wood bat league for collegiate level players.)

In addition to his current role with SMHS, Mack continues to develop community youth baseball through private and group instruction.

Coaching Staff



John

- **John Gulick**

John Gulick brings a high level of experience to the team, particularly in the mental aspects of the hitting. John is the Varsity 1st base coach on game day. A native of Stockton, CA, John earned high honors on each of his baseball teams in high school and college. His high school team NEVER lost a regular season game. John Attended San Joaquin Delta City College and Wichita State University. While at SJDCC, he earned Golden Gate Conference 1st Team Honors and 2nd Team Junior College All American Honors. At WSU, he earned Missouri Valley All Conference Honors as a 1st baseman. WSU earned several #1 rankings and set a school record for most wins in a season in 1994. They also made two appearances in the College World Series.

- **Joey Molina (photo unavailable)**

A middle infielder at Cal State Los Angeles, Joey was an important part of a CSLA team that was 1 game away from playing in the Division 2 College World Series. Joey coached the Titan JV team in 2008.

Coaching Staff



R.J



Mario

- **R.J. Brown**

RJ was a Freshman All-American catcher at University of California, Irvine. He finished his collegiate career at Cal State Los Angeles, after which he played professionally with the Cincinnati Reds. RJ is currently playing professional baseball with the Long Beach Armada of the Golden Baseball League.

- **Mario Tolj**

Also a SMHS alum (2001,) Mario went on to play 4 years of collegiate baseball. Mario was an All-Conference pitcher at West Hills Community College and finished up his collegiate career at Metropolitan State University in Denver. Mario returns to SMHS as the Titan Varsity Pitching Coach.

Coaching Staff



Jack

- **Dave Avramovich**

Dave rejoins the Titan staff for his third year. Coach Avramovich played at Gig Harbor High School in Washington, where they won a state title in 1997. In college, he was a 4 year starter on the football team for the University of Puget Sound (NCAA D3) in Tacoma, WA, where he earned B.A.'s in Communication and Religion. Dave recently completed his Master's in Divinity at Fuller Seminary in December 2006 and has been working as the Area Director of Young Life. He also coaches Varsity Football at SMHS.

- **Jack Chang**

SMHS 2004 Alum, Jack earned 2 Varsity letters in baseball playing for legendary coach Mickey McNamee. Jack went on to earn an Electrical Engineering degree from the University of Washington and is currently seeking a graduate degree in Electrical Engineering from USC.

Coaching Philosophy

- Positive Energy
- All parts are equal in baseball success
 - Handling success
 - Dealing with adversity
 - Adjusting
 - Learning
 - Achieving goals
 - Working hard

"Show up and play hard."

What Can You Expect from Your Sons' Coaches?

- Show up and work hard.
- Create a positive environment for the players.
- Push and challenge our student athletes to be the best they can be.
- Treat each player with respect.
- Players will be treated fairly.
(Fair is not always equal.)
- Develop practice and game plans to put players in the best positions to be successful.
- Be prepared.

Would you rather.....

Know that you weren't good enough?

Always wonder how good you could have been?

Player Commitment to Titan Baseball

- Titan Baseball supports players who wish to participate in multiple sports in high school.
- Titan Baseball does require; however, a strong commitment to baseball during the spring sports season.
- Excellence in baseball does require a year-round commitment to the sport.
 - If you are playing another sport, we ask that you spend time each week working on your baseball skills.
 - If you are not participating in another sport, you should be participating in Summer, Fall or Winter baseball development programs.

"The will to succeed is important, but what's more important is the will to prepare."

Preparation

- All positions will be earned.
 - If you aren't working hard, realize that others are.
 - If you are working hard, work harder (but be smart!)
- The 2009 season is 5 months away.
- Are you doing everything you can do to be ready?

"Well done is better than well said."

For Each of Us, It's a Question of "What Can I Do To Get Better?"

Each guy has questions they need to ask themselves

- What are my goals?
 - Start?
 - Play at the next level?
 - Be on the team?
 - Do I have a chance to be a starter?
 - Who am I up against?
 - Do I have a chance to beat them out?
 - What can I do to become an ace and how do I accept my role if I'm not the ace?
- Ultimately, how can I help the team?

"Success is going from failure to failure with great enthusiasm."

Building the Team

- Fundamental vs. Athletic
 - We will play fundamental baseball, and the most fundamentally sound players will play.
- Smart Baseball
 - With sound players, over-coaching is unnecessary.
- Role Players
 - Each player adds value to the team, as long as each player knows his role.

"I love doubleheaders. That way I get to keep my uniform on longer."

~Tommy Lasorda

Baseball, the Great Equalizer

- Physical--Stay strong 7+ innings, 20+ games
- Mental—Always alert, see in advance, visualization
- Emotional—Handle highs and lows, success and failure

"If what you did yesterday looks great, then you haven't done anything today."

Fall/Winter Baseball

- Unless competing in CIF for another sport you are strongly encouraged to participate in the baseball development plan.
- ~20 players will be playing on the fall and winter baseball teams. These players will include returning varsity and others as space allows and need arises.

"The true measure of man is how he conducts himself when no one is watching."

Practice

- Practice Schedule:

- 2:00-2:15 Arrive at field
- 2:15-2:45 Stretch
- 2:45-3:00 Throwing
- 3:00-3:45 Drill-work
- 3:45-5:00 Hitting
- 5:00-6:00 Hitting, Fielding, Weights (Optional)

- Practice Monday-Friday

- Frosh practices at Del Mar in season and on McNamee Field pre-season

- Players should arrive at Del Mar, dressed for practice by 2:30.

- JV and Varsity at McNamee Field; dressed and on field by 2:15

- The official CIF start for spring athletics is February 16, 2009

"Know that there is always someone out there training to beat you."

Time Management

- San Marino is not the only high achieving academic school in the country with successful athletics. SMHS students do a lot. To be successful, they must learn:
 - How to be a student athlete
 - To prioritize
- Elimination of negative influences. Excessive video games, computer time, and friends who don't support the values we are trying to achieve.

"Be better today than you have ever been."

Opportunities

- Titan Baseball is about professionalism:
 - Be prepared
 - Show up on time
 - Dress appropriately
 - Use appropriate language
 - Live the highest standards of sportsmanship

"Missed days/practices/games are merely missed opportunities; to improve, to learn, to show your coaches you are committed and to show your teammates you care."

Accountability

- It's about opportunities. It's up to you to decide what you are going to do with them.
- Plus/Minus System--

"Want to earn it?

Hard work, sweat, blood, passion, perseverance...

You will achieve and know why, or

You will not achieve , but

You will be proud that you gave it your all."

What's New In Baseball?

- Rio Hondo League Baseball moves up a level, from D5 to D4
 - Big step
 - High Schools in our Division include CIF champions Bishop Amat (D5) and Northview (D4).
- Quarter-final finish in CIF in 2008 in D5; we will expect and prepare to do better as D4 in 2009.

"You have to earn to achieve."

What's New and What Continues?

- Development Program
 - Skills
 - Conditioning
 - Strength
- Senior 5th Period
- College Recruiting
 - Showcase Games
 - College Program Guidance and Introduction

*"Today, you have hot dogs and puppy dogs, with a few bulldogs mixed in.
We're looking for the bulldogs. ~John Scolinos"*

Schedule Highlights

Date	Opponent	Level	Location	Time
1/10/2009	Alumni Legends Game	Varsity	San Marino	TBD
2/13-15/2009	Winter Trip	Varsity	Santa Barbara	TBD
2/28/2009	Pre-season scrimmage	Varsity	TBD	TBD
3/6-14/2009	Chick's/Elks Club Tournament	Varsity	Varies	Varies
3/20/2009	League Begins	Frosh/JV/Varsity	Varies	3:30PM
5/12/2009	Senior Recognition	Varsity	SMHS	3:15PM
5/14/2009	League Closes	Frosh/JV/Varsity	Varies	3:30PM
6/3/2009	Baseball Banquet	Frosh/JV/Varsity	SMHS Cafeteria	6:00PM
5/21-6/6/2009	CIF Playoffs and Championship	Varsity	Varies	Varies

Summer player development and American Legion Baseball will be scheduled for Summer, 2009.

What's New and What Continues?

- Winter Trip-(Pegine Grayson-Bensinger)
High performing high school teams take pre-season trips to play competitive teams in preparation for the season. SMHS will be traveling to Santa Barbara February 12-15 (President's Day Weekend) to play in 4-5 games. Trip benefits include:
 - Teambuilding
 - College/Professional baseball exposure
 - Game Experience
 - Glimpse of the 2009 Titans

Support

- Parent support and the support of others who attend games and follow Titan Baseball is appreciated and very important to the success of the team.
- Sportsmanship and defining who what we want Titan Baseball to represent is an important part of the program.
- We ask your help in setting and supporting the sportsmanship expectations of our program:
 - Take the high road; if the other team or fans are not sportsmanlike, don't join in
 - Keep the game about the players
 - Stay positive
 - Stay with "our team"
 - Be part of "our team"
 - Allow the coaches to coach; this includes addressing issues with the umpires, the opposing team, fans and coaches

"You learn little from victory. You learn everything from defeat."

~Christy Mathewson'

Boosters

- In support of SMHS Baseball, the Booster Club provides direct support for the program. Titan Baseball Boosters are responsible for assisting Mack in achieving his vision for SMHS baseball. New areas of focus include:
 - Team Room
 - Winter Trip
 - Game Concessions
- Boosters also provides support for:
 - “Baseball Family” Post Game Celebration
 - Annual Memory Book
 - Statistics Recording
 - Senior Recognition
 - Game Day Operations
 - Spirit Packs
 - Annual Banquet
 - Baseball Website
 - Team Moms/Dads
 - Banners
 - Wish List
- Thanks to the many parents and supporters who’ve already agreed to help — if you would like to support in any way, please see Jeanie Caldwell. There is a job for everyone!

SMCAA

- Strategic goal—to build an infrastructure to support improvement and continued excellence in athletic performance at all levels, specifically for the purpose of ensuring highly competitive and successful SMHS athletic teams.
- In support of SMHS baseball, SMCAA provides district and city wide integration of programs.
 - As a result of SMCAA's FT commitment to Mack, players at the youngest levels have an opportunity to learn SMHS baseball through:
 - Individual Lessons and clinics
 - Coordination with Little League
 - SMHS coaching support for younger teams
- By participating in skills training and other SMCAA events, players not only get better at their game, but families are also supporting the financial commitment SMCAA is making to improve baseball.
 - Field Improvements
 - FT Coaching Support
- If you would like to support SMCAA, please see Greg Forgatch.

Fundraisers and Other Opportunities

- Our Booster Club, SMCAA, SMHS and the district are very supportive of our program, but we don't want to count on them for everything.
- Players who work to improve their programs achieve a sense of ownership and pride in their program.
 - Alumni Legends Game-1/10/2009
 - Field Maintenance Days—required participation
 - Appearances throughout the year
 - (Little League Opening Day....)
 - Others to be determined.....

The Titan Way

1. **Show up and Play hard** in practice and in games
2. **Preparation** will lead to success
3. **Compete** at all times
4. Baseball is a game of constant **adjustments**
5. **Respect** the game
6. Concern yourself with your own team and what you can **control**
7. **Understand** your role
8. **Improve** every play and every day
9. **Learn** from all mistakes; yours and others
10. Take **responsibility** for your actions
11. Remember who you represent: **Self, Family, Team, School, Community**
12. **Enjoy** the game

To Be A Champion You Must Think, Prepare, And Act Like A Champion.