

KZN Baseball Junior Training Camp – January 2012

The training camp was held at Hoy Park Sports Complex and catered for U14,16 and U18 Girls as well as U12 and U14 boys from both the club structure as well as the schools programme. The camp took place on Saturday 7th and Sunday 8th January 2012. In total we had 55 players that attended and 20 coaches that assisted in the running of the camp and gained some valuable knowledge. The camp was put together and run by Mike Randall, MLB Coach in Residence.

On the Friday evening all the coaches met at the club to run through the programme for the weekend so that everyone knew what to expect and for them to also understand that it would be a teaching camp as opposed to a practice one.

The camp started on Saturday morning with the players and coaches registering at 08h00 and then the players being briefed on the programme and what was expected of them over the weekend. They then started the programme and stopped regularly for water breaks due to the tremendous heat over the two days.

The camp focused on the correct warm up and stretch routine and then moved on to agility drills and the throwing programme with detail to correct mechanics. They then went into individual specific position drills with each group being taught specific drills for their positions. Once this was complete they broke for lunch which was supplied by the association and was a good healthy meal. After lunch they did a shortened warm up and throwing programme and then went into batting and did various aspects of batting from bunting to situation hitting. Once the batting was complete, they went onto base running and finished off with a warm down. A couple of parents stayed to braai at the field and chat with Mike.

On Sunday everyone reported to the field at 08h15 and the programme started at 08h30 with the warm up and stretch routine being run by the coaches present. Agility drills were then also run by the coaches with Mike correcting them as they went along. After a water break, they went into the throwing programme and into individual specific position drills again and you could see a huge improvement in these from the day before. We broke for lunch and once again a healthy one was supplied to each player and coach. After lunch they did infield/outfield drills and then went into batting drills again and once again you could see improvement here. Once this was complete they had a warm down and then Mike had a discussion session with coaches, players and parents and highlighted how he had seen an improvement as we went along which was a positive and showed the commitment and enthusiasm shown by both players and coaches.

On a whole, I believe that the camp was a success and definitely should be done in the future if possible. I think that Mike was fantastic and was very well prepared and organised in the running of

the camp. Emphasis was put on correct mechanics and this is something that I do not believe is done enough at the clubs and coaches should pay more attention to this as players pick up bad habits very quickly. All the players that arrived should be commended on their commitment and enthusiasm shown over the weekend in very hot conditions. I would also like to thank the coaches that were involved as they did so with interest and I believe that most of them would have learnt a lot over the weekend.

The Ethekeweni Municipality need to also be commended on the condition of the fields as they were in top shape and really are a good advert for sport in Durban, well done. The KZN Department of Sport & Recreation need to be thanked hugely for coming to the party and funding this camp with everything from equipment needed to lunches and many other things to make this camp the success that it was and hopefully we can have more in the future. Lastly, I would like to thank Dion and his Executive Committee for their hard work and commitment to the game and for putting things like this together for our kids as it can only benefit the region and the sport tremendously.

I would like to thank Dion for allowing me to be involved and I am sure everyone involved will agree that it was a successful camp and look forward to the next one.

Paul Whitfield

KZN Head of Coaches