



Missouri High School Baseball Coaches Association



The MHSBCA annual Hall of Fame Luncheon and Clinic will be January 22-24 at the Capitol Plaza in Jefferson City.

Jeff Diskin has assembled an outstanding group of clinicians. A list of speakers and topics will be listed in the newsletter.

Tony Perkins is working very hard to invite vendors which are vital to our association. Not only by attending the clinic but also through their valuable sponsorship. Be sure to express your appreciation by visiting all the booths.

Our clinic rivals any clinic in the nation. This would be a great opportunity to invite fellow coaches to become an MHSBCA member. I have no doubt they would benefit from attending plus learn more about our programs.

We look forward to seeing everyone for an exciting weekend.

In Memoriam

High school baseball has lost a friend and fellow coach. On October 12, 2009, Ross Dey lost his battle to cancer. And battle he did. His example of never giving up will live on in his athletes and coaching friends.

Ross was an active MHSBCA member, as well as the BCA. He had just completed 20 years as a coach.

The MHSBCA sends our sympathy to his family and friends.

Special points of interest:

- Clinic Schedule
- Non Wood Bat Ruling
- Calendar
- Reminder to join MHSBCA
- Ross Dey
- Still looking for vendors
- MHSBCA membership form

Inside this issue:

Upcoming Clinic	Front Cover
Clinic Schedule	2
Non Wood Bat Ruling	3
Tony Perkins vendor letter	3
Reminder to register	4
Website	4
Membership form	5
Calendar	Back Cover

At the BCA convention in Tucson, Missouri once again for the third year in a row, won the prestigious JEM Award. Congratulations to all MHSBCA members.



MHSBCA
January 22 – 24, 2010
Speakers Times

Friday, January 22:

- 8:30 – 11:30: Executive Board meeting Capitol Plaza Hotel
1:30 – 4:00: Question & Answer Breakout Sessions at Capitol Plaza:
Steve Nicollerat St. Louis U. High (mentoring the young coach)
Jayce Tingler Texas Rangers Rookie Team Manager (situational baseball)
Ryley Wespman Texas Rangers minor league coach (speed & agility)
Brian McRae former first round draft pick KC Royals; former major league outfielder KC Royals
and Chicago Cubs (baserunning)
?Dan Murray or Jamie Bluma former major league pitchers who now coach (pitching)?
5:30 – 6:10: Dan Harris, Retired AD Baker University, 2003 NAIA AD of the Year; Coaching Character
(NAIA Champions of Character program)
6:10 – 6:50: Andy Jackson, Kirksville HS; Fundraising and promoting your program and players
7:00 – 9:00: Legislative Update and social (sponsored by Capitol Plaza Hotel)

Saturday, January 23:

- 8:30 – 9:10: Daryl Cronk, Asst. Coach University of Central Missouri; 2007 MHSBCA Class 3 Asst.
Coach of the Year; Pitching "Loose"
9:10 – 9:50: Keith DeShirley, Fort Zumwalt South (2009 Class 4 State Champs):
Adapting your coaching philosophy to the team that you have every year
9:50 – 10:10: Break/visit trade show and vendors
10:10 – 10:50: Gary Burns, Head Coach Rockhurst University; Hitting Drills to Improve Your Hitters
(open to any topic; might change)
10:50 – 11:30: Mike Hill, Ryley Wespman, Doug Slinker, or Dennis Hurla
11:30 – 12:00: Break/visit trade show and vendors
12:00 – 2:30: Luncheon; Keynote speaker:
2:30 – 3:00: Break/visit trade show and vendors
3:00 – 3:40: Carl Blando Longtime Scout KC Royals; Identifying future professional prospects/
players
3:40 – 4:20: Jayce Tingler, Rookie Ball Manager Texas Rangers Surprise, AZ; Director of Texas
Rangers Dominican Republic Academy (2006 – 09); former player at Mizzou and Smithville
HS; arm maintenance, long toss program, and J-Band exercises
4:20 – 4:30: Break/visit trade show and vendors
4:30 – 5:10: Kristin Frevert—M.S. in Sport Psychology; Missouri State & Hallsville H.S. alum: Mental As-
pects of Baseball
5:10 – 5:50: Speaker: Brad Stoll, Lawrence (KS) High School 2009 6A State Champs; "Pressure team drills
that speed the game up for your players"
6:00 – 7:00: General meeting and pre-season rankings meeting

Sunday, January 24:

- 7:30 – 8:30: FCA Breakfast– Sponsored by USA Athletes
9:00 – 9:40: Scott Weissman, Former Head Coach Parkway West HS, Current Asst. Coach
MHSBCA Hall of Fame Coach; Building a Successful Program
9:40 – 10:20: Greg Vitello, Desmet High School St. Louis, MHSBCA Hall of Fame Coach; Dealing
with off the field issues (parents & paper work)
10:20 – 10:30: Break
10:30 – 11:10: Fred Smith, Central Methodist University; Pitching: developing a LHP's pick-off move;
developing a good one and how to read it as a base runner
11:10 – 11:50: Jeff Graviett & Tim Garner Cape Girardeau Notre Dame 2009 Class 3 State Champs;
Field Maintenance
11:50 – 12:00: Closing Remarks and Final Door Prize

Non Wood Bats...

The national Federation of State High School Associations (NFHS) Baseball Rules Committee has decided to follow the NCAA on non-wood bat rules. The rule is aimed at Composite bats that meet the Ball Exit Speed Ratio (BESR) when new, but with use allows the ball to spring board off the bat faster than allowed. Apparently the glue used in composite bats breaks down to give a trampoline effect when the ball comes off the bat.

The new standard will be Batted Ball Coefficient of Restitution (BBCOR). It will go into effect January 1, 2012.

Any questions on this topic can be discussed at our convention. A representative from MSHSAA will be at the clinic

Vendor Letter from Tony Perkins.....

Please pass this information along to anyone you think might be interested!

We are hosting our 19th annual coach's convention in Jefferson City, Missouri on January 22nd, 23rd, and 24th. We would like to invite you to be a vendor at our clinic. The cost is just \$200.00 and a donation of 2 prizes that we can raffle off to our general membership. A booth consists of one 10' fold out table. Some vendors have purchased 2 in the past. The Clinic will be held at the Capital Plaza Hotel and Convention Center W. McCarty St. Jefferson City, MO 65101. The phone number at the motel is 1-800-338-8088.

The clinic will begin Friday evening with a few speakers and a coaches social. Speakers all day Saturday broken up with our awards luncheon. There will be another coach's social Saturday evening. Sunday morning begins with the FCA breakfast and clinicians until 12:00 when the clinic ends.

I look forward to hearing and working with you at our clinic. My home address is 1206 Kingstowne Place St. Charles, MO 63304. You can mail your check made out to MHSBCA here and that will reserve you your booth. You can email me at Tperkinsbb11@aol.com or call me at home at 636-441-0571. Reserve your table early. If you are unable to attend and would like to donate some prizes you can send those to me as well. You can learn more about our organization by visiting our web site at www.mhsbca.net.

Yours in Baseball,

Tony Perkins
Tperkinsbb11@aol.com
 636-441-0571



There is still time! Become a member of the MHSBCA and register for the January convention in Jefferson City

September 1 started the new membership year for the MHSBCA which will run through August 31, 2010. The dues will continue to be \$50.00 which covers dual membership for the MHSBCA and BCA.

All membership dues are to be paid to your Missouri Association (the MHSBCA). The only money you need to send to the BCA will be your BCA clinic registration fee and luncheon fee if you are attending the BCA in Nashville, Tennessee in December 2010.

Please send your membership and MHSBCA clinic registration fee as early as possible. It would be a great help for Janet.

Starting in October,

MHSBCA
c/o Bill Seamon
1363 June Drive
Bland, Missouri 65014

our new winter address:

The MHSBCA every year thanks to all made our programs so suc-tremendous job. Anyone wanting to of your association, let someone from the executive committee know.

Our telephone numbers will be:

Home: 1.573.646.3000

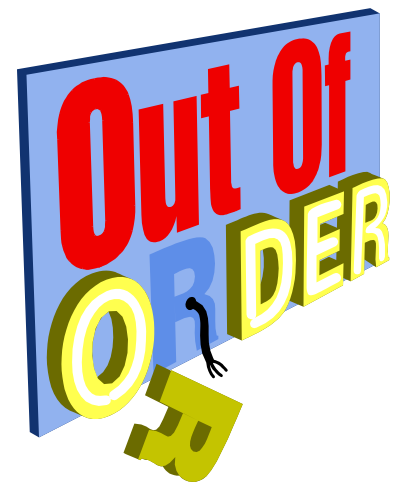
Cell: 1.907.398.2274

has become stronger the volunteers how have cessful. Everyone has done a take a more active role in the operations of your association, let someone from the executive committee know. Thanks again for all the help.

Recent website issues

Janet is working very hard to rebuild our website. Due to complications with our hosting company and the fact that the designing company Digital Sports has been bought out by another company, it has been difficult to access the website.

The problems are being corrected and we ask for your patience during our website rebuilding stage.



Thank you.



Official Sponsors of the Missouri H.S. Baseball Coaches Association

MHSBCA SPONSORED ANNUAL EVENTS AND AWARDS:

- ◇ January – Coaches Clinic and Hall of Fame Luncheon
- ◇ June – All-Star series for graduated seniors
- ◇ Junior Talent Showcases and Oklahoma Sunbelt Team
- ◇ Member of the Missouri Sports Hall of Fame
- ◇ MHSBCA Academic All –State Team and Player
- ◇ Coopertown Bat Assistant Coach of the Year Award
- ◇ MHSBCA Rankings
- ◇ Award Four MHSBCA Scholarships yearly
- ◇ Award Sports Image/Gary Dunahue Scholarship
- ◇ Louisville Slugger Newcomer of the Year Award
- ◇ Capital Sand Groundskeeper/Field of the Year Award
- ◇ Pro-Line Player of the Year
- ◇ MHSBCA All-State Teams

PLEASE PRINT OR TYPE and ONE (1) FORM PER PERSON (Membership runs from September 1st through August 31)

Membership dues are due annually and must be paid for the current year to attend the clinic. Clinic fees are an additional fee for coaches who wish to attend the annual clinic and HOF Luncheon.

Membership fee: \$50.00 annual fee per baseball coach.

Clinic fee: MHSBCA Clinic Fee in **Advance** \$40.00 **After December 1st deadline or On-Site: \$ \$50.00

MHSBCA/BCA DUAL MEMBERSHIP DUES (paid dues are mandatory to attend clinic): **\$50.00** (\$25.00 MHSBCA & \$25.00 BCA)

MHSBCA CLINIC FEE: \$40.00 in advance or \$50.00**After Dec. 1st deadline

Indicate the total amount of check, money order or school PO: \$ _____
(Sorry the MHSBCA cannot accept credit cards)

MEMBER'S NAME: _____ TITLE: _____
(First name) (Last name) (Head or Asst. Coach, AD, Legion Coach)

MHSBCA HALL OF FAME MEMBER: ___YES or ___NO

SCHOOL/ORGANIZATION: _____ CIRCLE CLASS: ___1A ___2A ___3A ___4A

SCHOOL ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PREFERRED MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SCHOOL PHONE #: _____ HOME PHONE #: _____

E-MAIL ADDRESS: _____

TOTAL # YEARS COACHING HIGH SCHOOL BASEBALL _____

OVERALL WON/LOSS RECORD IN HIGH SCHOOL BASEBALL AS HEAD COACH _____ (win-loss-tie)

SEND CHECK, MONEY ORDER, or SCHOOL PO AND FORM TO:

**MHSBCA
c/o Bill Seamon
1363 June Drive
Bland, Missouri 65014**

**Missouri High School Baseball Coaches
Association**

MHSBCA
c/o Bill Seamon
1363 June Drive
Bland, Missouri 65014

Phone: 1-573-646-3000
Fax: 1-573-646-3000 (non dedicated)
brseamon@yahoo.com

**VISIT OUR WEBSITE
OFTEN FOR THE MOST
UPDATED INFORMATION!**

www.mhsbca.net

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**Important Dates to Remember
Mark your Calendars NOW!!!**

January 22-24,
2010

**NOTE DIFFER-
ENT WEEK-
END**

MHSBCA Honors Luncheon and Clinic at Capi-
tol Plaza in Jefferson City, MO

