

CONNECTICUT CAPITAL BASEBALL CLUB  
YOUTH DEVELOPMENT PROGRAM

**10U, 11U, 12U**

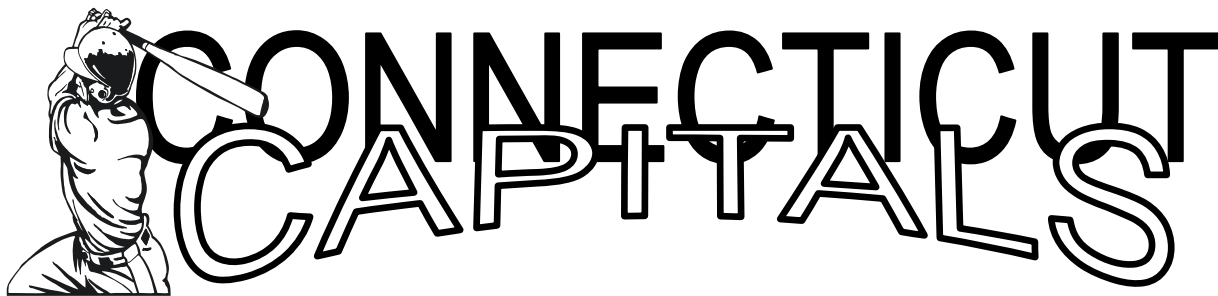


**“WHERE THE TEACHING BEGINS”**

The “Youth Development Program” is an extended baseball program that is committed in preparing Connecticut baseball players to compete at the highest levels locally, regionally, and nationally. The program is based on:

- Tryouts – November 14,15,21,22
- Special CT Capitals workouts in December – specific clinics for hitting, pitching & position play
- Winter Baseball League in the New Star Hill Dome in Tolland, CT (January & February)
- Spring Training type workouts in March
- NEAAU League Play starting in April
- 3 Regional Tournaments starting in April
- 1 National tournament
- Top level instruction & coaching.
- 14 player maximum

The “Youth Development Program” will provide Connecticut area baseball players what no one else has been able to offer in this area before. The CT Capitals understand what it takes to be successful and we are providing our youth players with this extensive program. The CT Capitals curriculum provides an exemplary step-by-step teaching curriculum that will maximize the potential of all our players. Developing our players is our number one priority and all CT Capitals Players will have the best resources available to become “the best they can be.” The CT Capitals Baseball Club is committed to being the premier baseball club in New England.




### **Our Baseball Lineup:**

1. **45+ Winter/Spring/Summer schedule:** (Winter Indoor League in Star Hill Dome, NEAAU League Games/Open Games/ 3 Regional Tournaments, 1 National Tournament) Play begins in January and extends through June.

In the 10u, 11u and 12u divisions, we will play on 50-70 field diamonds. Essentially, we play real baseball...not Little League baseball...leading off bases, holding runners, stealing, pitching from the stretch and all “real” baseball rules apply.

\*The CT CAPITALS reserves the right to change schedule based upon weather and field availability\*

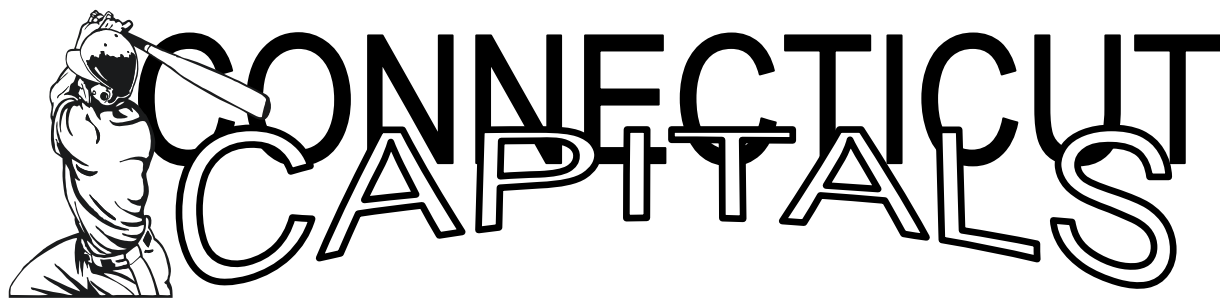
2. **Team practices:** 1 team practices per week @ Baseball City in January & February. 2 team practices during Spring Training workouts in March @ Baseball City and hopefully outside at our home fields – Cheney Tech & East Catholic. Team practices during the Spring/Summer season will be determined by Head Coach according to schedule.
3. **Baseball City Hitter’s Club membership:** Unlimited cage rentals all year (until 2011 tryouts are held) according to availability @ Baseball City / membership rates apply for everything else. Please refer to Hitter’s Club flyer for all the details!
4. **Equipment Package:** Players receive 2 game hats, 1 batting helmet, 2 game shirts, 1 game pants, 1 workout shirt, 1 pair of shorts, 1 player’s bag, belt & socks. All Equipment is property of the players – players will be able to keep all equipment at the conclusion of the season. Players may purchase additional equipment/apparel; however, this cost is additional.
5. **Home Fields:** East Catholic High School & Cheney Tech High School are home fields for CT Capitals 10U, 11U, & 12U Teams. (Home Fields are subject to change due to availability)
6. **Top Coaches and Instruction:** The CT Capitals’ number 1 priority is to develop players – period!



# CONNECTICUT CAPITALS

## 2010 10U, 11U, 12U Coaching Staff


<p align="center"><b>John Fote</b> Head Coach – 10U</p>	<p align="center"><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 9U CT Capitals in 2009</li> <li>• Played collegiately at Quinnipiac College</li> <li>• Former Head Coach at Wethersfield High School where he led the Eagles to their first ever Class L State Championship game in 2005</li> <li>• Originator of the 5-Star Baseball Program</li> </ul>
<p align="center"><b>Brian Marshall</b> Assistant Coach – 10U</p>	<p align="center"><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Head Coach of the 9U CT Capitals in 2009</li> <li>• Played at the University of New Haven for Porky Vieira. Played in numerous College World Series; the last in 1989 with UNH playing in the National Championship game.</li> <li>• MVP of the 1989 Northeast Regionals.</li> <li>• Played in the Greater Hartford Twilight League for 17 years collecting numerous awards including multiple Home Run, RBI, and Batting Titles and an MVP award.</li> <li>• All-State baseball player at South Catholic High School (Hartford, CT)</li> </ul>
<p align="center"><b>Mark Bagdasarian</b> Assitant Coach – 10U</p>	<p align="center"><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 9U CT Capitals in 2009</li> <li>• Played collegiately at the Univ. of Connecticut (Hartford)</li> <li>• Current Head Coach of Wethersfield High School</li> <li>• Led the Eagles to a state ranking of 4<sup>th</sup> in 2008</li> <li>• Entering his 10<sup>th</sup> year of coaching at the High School level</li> </ul>



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<p><b>Steve Lykins</b> Head Coach – 11U</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 2009 10U CT Capitals</li> <li>• Assistant Coach of the 2009 10U &amp; 13U CT Capitals</li> <li>• All-Conference player at Marine Military Academy</li> <li>• Head Coach of 2007 RHAM 12U Regional Champions</li> <li>• Over 10 years of coaching &amp; teaching Youth Baseball</li> </ul>
<p><b>TBA</b> Assistant Coach – 11U</p>	<p><b>Bio</b></p>
	
<p><b>Dan Angelillo</b> Head Coach – 12U</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Head Coach of the 10U CT Capitals Fall Team</li> <li>• Assistant Coach of the 16U CT Capitals Fall Team</li> <li>• Played collegiately at Suffolk University in Boston, MA</li> <li>• All-Conference 3 years at Wethersfield High School</li> <li>• Captained 2006 Wethersfield High School Team his senior year</li> </ul>
<p><b>Chris Noske</b> Assistant Coach – 12U</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 2009 12U CT Capitals</li> <li>• Assistant Coach of the 2009 12U CT Capitals Fall Team</li> <li>• Played collegiately at Albertus Magnus College</li> <li>• All-Conference player in 2009 / 4-year varsity starter</li> <li>• Captained 2005 South Windsor High School Team his senior year</li> </ul>



# CONNECTICUT CAPITALS

## 2010 10U, 11U, 12U CT Capitals Tentative Schedule

14-Nov	Tryouts
15-Nov	Tryouts
21-Nov	Tryouts
22-Nov	Tryouts
Nov 23-28	Teams announced / Off - Thanksgiving week
Nov 29	Mandatory Meeting 10U, 11U, 12U - parents & players player-parent contract / financial contract player profiles / equipment sized / clinic times
Nov 30 - Dec 6	CT Capitals Clinics - Team hitting, pitching, pos. play
Dec 7 - Dec 13	CT Capitals Clinics - Team hitting, pitching, pos. play
Dec 14 - Dec 20	CT Capitals Clinics - Team hitting, pitching, pos. play
Dec 21 - Dec 27	CT Capitals Clinics - Team hitting, pitching, pos. play
Dec 28 - Jan 3	Off - Christmas week
Jan 4 - Jan 10	1 Practice & Indoor League Game
Jan 11 - Jan 17	1 Practice & Indoor League Game
Jan 18 - Jan 24	1 Practice & Indoor League Game
Jan 25 - Jan 31	1 Practice & Indoor League Game
Feb 1 - Feb 7	1 Practice & Indoor League Game
Feb 8 - Feb 14	1 Practice & Indoor League Game
Feb 15 - Feb 21	1 Practice & Indoor League Game
Feb 22 - Feb 28	1 Practice & Indoor League Playoffs
Mar 1 - Mar 7	2 Spring Training Workouts
Mar 8 - Mar 14	2 Spring Training Workouts
Mar 15 - Mar 21	2 Spring Training Workouts
Mar 22 - Mar 28	2 Spring Training Workouts
Mar 29 - Apr 4	NEAAU regular season begins
Apr 5 - Apr 11	NEAAU regular season games & open games
Apr 12 - Apr 18	NEAAU regular season games & open games
Apr 19 - Apr 25	NEAAU regular season games & open games
Apr 26 - May 2	NEAAU regular season games & open games
May 3 - May 9	NEAAU regular season games & open games
May 10 - May 16	NEAAU regular season games & open games
May 17 - May 23	NEAAU regular season games & open games
Mar 8 - May 23	1 Regional Tournament to be played
May 29 - May 31	Memorial Day Regional Tournament to be played
Jun 1 - Jun 28	NEAAU regular season games & open games NEAAU League Tournament to be played
TBA	1 Regional Tournament to be played
TBA	1 National Tournament to be played



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