



# CONNECTICUT CAPITALS

## 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 19, 20, 21
- Special CT Capitals workouts in December – specific clinics for hitting, pitching & position play
- Winter Baseball League and/or workouts in the Star Hill Dome in Tolland, CT (January & February)
- Spring Training type workouts in March
- League Play starting in March/April
- 4-plus Regional Tournaments starting in March/April
- Potential National Tournament
- Professional Coaching & Instruction following the CT Capitals curriculum developed by Bill Masse – current Major League Scout for the Seattle Mariners
- 13/14 player roster

The “Youth Development Program” will provide Connecticut area baseball players what no one else has been able to offer in this area before – travel baseball with professional coaching, advanced competition and a first-rate facility, Baseball City, to work out in year round. 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 in a competitive atmosphere 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 and throughout the country.



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## Our Baseball Lineup:

1. **45+ Winter/Spring/Summer schedule:** (Winter Indoor League and/or workouts in the Star Hill Dome, League Games, Open Games, 4-plus Regional Tournaments, 1 Potential 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-AAU” baseball rules apply.

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

2. **Team practices:** 1 team practice per week @ Baseball City in January & February / 2 team practices during Spring Training workouts @ Baseball City in March and hopefully outside at our home field – East Catholic. Team practices during the Spring/Summer season will be determined by Head Coach according to schedule.

3. **CT Capitals Hitter’s Club membership:** Basically, the same as the Baseball City Hitter’s Club membership with two exceptions:

- 1) CT Capitals players may be asked to share or vacate cages when Baseball City is full. This usually only occurs during our busy hours during the winter months.

- 2) This membership does not allow CT Capitals players to bring non-members to use Baseball City at the \$5 charge. The CT Capitals Hitter’s Club membership is for the sole use of CT Capitals players.

\*The CT Capitals Hitter’s Club membership is good for as long as you are a CT Capitals player until the 2012 tryouts are held.\*




\*\*Please refer to Baseball City Hitter’s Club flyer for all the details.\*\*

4. **Equipment Package:** Players receive 2 game hats, 1 batting helmet, 2 game jerseys, 1 game pants, 1 workout (alternate jersey) shirt, 1 pair of shorts, 1 player’s bag, belts & 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 Field:** East Catholic High School is the Home Field for the CT Capitals 10U, 11U, & 12U Teams. (Home Fields are subject to change due to availability)
6. **Top Coaches and Instruction:** The CT Capitals number one priority is to develop players in a competitive atmosphere.



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## 2011 10U, 11U, 12U Head Coaches

<p><b>Paul Caccavale</b> 10U - Head Coach</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 10U CT Capitals in 2010</li> <li>• Coached Back to Back State Champions East Hartford HS</li> <li>• Played Professional Baseball in the Northern Independent Baseball League</li> <li>• Played at Central Connecticut State University where he an All ECAC selection in 1989</li> <li>• Played at East Hartford HS from 1983-1987 where he was 1986 Coca Cola Pitcher of the Year</li> </ul>
<p><b>John Fote</b> 11U - Head Coach</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Head Coach of the 10U CT Capitals in 2010</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><b>Matt Rondinone</b> 12U - Head Coach</p>	<p><b>Bio</b></p>
	<ul style="list-style-type: none"> <li>• Assistant Coach of the 2010 11U Capitals</li> <li>• Head Coach of the 2009 16U CT Capitals</li> <li>• Head Coach of the 2008 15U CT Capitals</li> <li>• Head Coach of the 2007 14U CT Capitals</li> <li>• Played at Albertus Magnus College</li> <li>• All-Courant and All-Conference at East Hartford High School</li> </ul>



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## 2011 10U, 11U, 12U CT Capitals Tentative Schedule

19-Nov	Tryouts
20-Nov	Tryouts
21-Nov	Tryouts
Nov 22-28	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*
Dec 3	1 <sup>st</sup> payment due for Equipment Package and to secure spot on Team *all contracts and papers are due at this time*
Dec 5, 12, 19, 20	CT Capitals Clinics - Team hitting, pitching, pos. play & base running
Dec 27 - Jan 2	Off - Christmas week
Jan 3 - Jan 9	2 Pre-Indoor League Games workouts
Jan 10 - Jan 16	1 Practice & Indoor League Game and/or workout
Jan 17 - Jan 23	1 Practice & Indoor League Game and/or workout
Jan 24 - Jan 30	1 Practice & Indoor League Game and/or workout
Jan 31 - Feb 6	1 Practice & Indoor League Game and/or workout
Feb 7 - Feb 13	1 Practice & Indoor League Game and/or workout
Feb 14 - Feb 20	1 Practice & Indoor League Game and/or workout
Feb 21 - Feb 27	1 Practice & Indoor League Game and/or workout
Feb 28 - Mar 6	1 Practice & Indoor League Game and/or workout
Mar 7 - Mar 13	1 Practice & Indoor League Playoffs and/or workout
Mar 14 - Mar 20	2 Spring Training Workouts
Mar 21 - Mar 27	2 Spring Training Workouts
Mar 28 - Apr 3	League Play begins - League games & open games
Apr 4 - Apr 10	League games & open games
Apr 11 - Apr 17	League games & open games
Apr 18 - Apr 24	League games & open games
Apr 25 - May 1	League games & open games
May 2 - May 8	League games & open games
May 9 - May 15	League games & open games
May 16 - May 22	League games & open games
May 23 - May 29	League games & open games
May 30 - June 5	League games & open games
March 14 - June 5	4 Regional Tournaments
June 6 - June 12	League Tournaments to be held if Team qualifies
TBA	Potential National Tournament



# CONNECTICUT CAPITALS

## 2011 Tuition

**Total Payment for 2011 Season - \$1,900 & \$300 for Equipment Package**

Payment #	Date	Item Description	Amount	Paid	Balance
1	Dec. 3, 2010	Equipment Package Secures Spot on Team	\$300		\$1,900.00
2	Jan. 1, 2010	Jan. Club Payment	\$300		\$1,500.00
3	Feb.1, 2010	Feb. Club Payment	\$400		\$1,200.00
4	Mar.1, 2010	March Club Payment	\$400		\$800.00
5	Apr.1, 2010	April Club Payment	\$400		\$400.00
6	May 1, 2010	May Club Payment	\$400		\$0
Totals:			<b>\$2,200.00</b>		<b>\$0</b>