

Building Champions

(Not Championships)

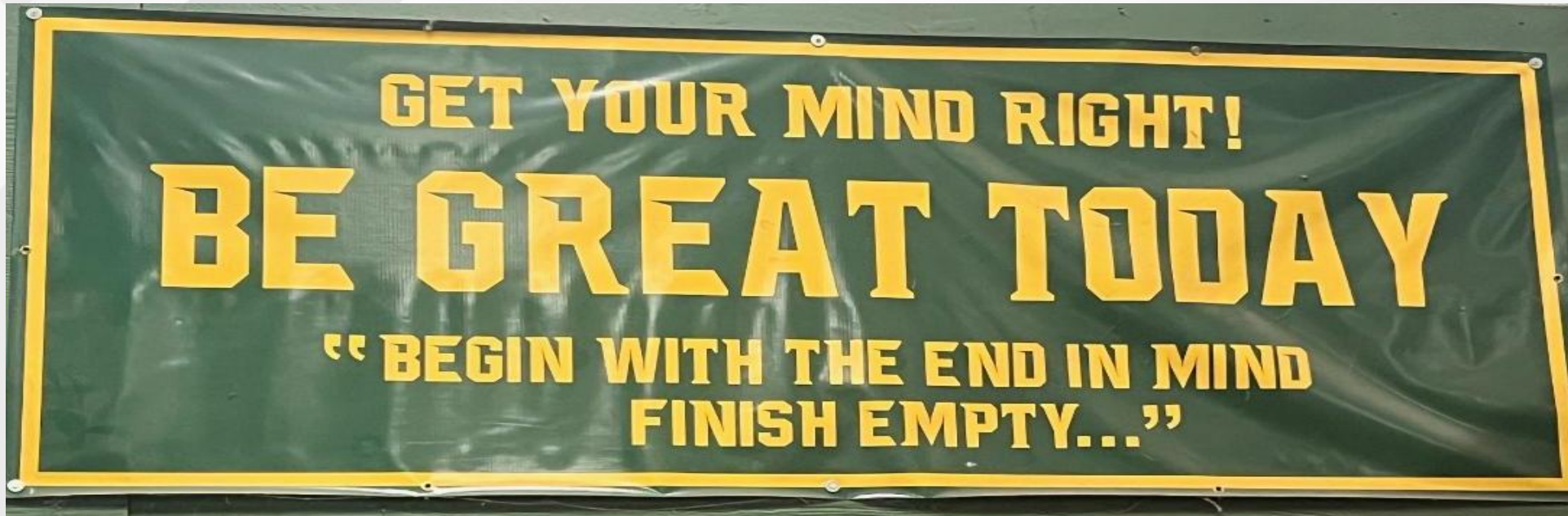
The Greatest Game that Mirrors the Game of Life

Joe Monahan

Head Baseball Coach

West Linn High School

“Champions Mind Set”



“Ask Yourself Why Do I Coach?”

Get a Clear Understanding of why you want to Coach.

Create a Clear Philosophy of what you want your program to look like.

Be open minded and honest with yourself.

“Green, you Grow Ripe, you Rot”

Set Expectations for Players, Parents, and Your Community!



Have a Plan “Inspect What You Expect”



Pre-Season Schedule-Important Dates

September

- Player Meeting-Provide the yearly plan-Collect contact info for players
- Parent/Guardian Meeting
- Parent/Player/Coach Expectations
- Powerpoint-Budget

www.westlinnbasketball.net look under Handouts

Have a Plan “Inspect what you Expect”

Pre-Season Schedule-Important Dates

October/November/December

Player Fall Workouts-Pitcher Arm-care

Weight Training

Player Fundraiser

Youth Camps (40 Sessions)

Sign up Now 2024 Fall Hitting Sessions! Starts October 15th

West Linn High School Baseball Hitting Circuit Ages: 7-14 Yrs

Location: West Linn HS Indoor Hitting Facility (5454 W. "K" St.)

Register Online: www.westlinnbaseball.net

Learn How to Hit like the 3-Peat State Champions!

Joe Monahan, Head Coach
Vince Asante, Ryan Curry, Lee King, & Tim Orscol
Brenton Goss, JV Head Coach/Infield Coach

Hitting Circuit Benefits

- Coach Monahan uses Coach's Eye Video
- *Swing Mechanics *How to Throw a Pitcher
- *Video Analysis & Review of Player
- *Several T-Cuts *Short Toss & Live Arm
- *Tons Of Repetitions w/ Coach Feedback

Things to Bring for Hitting	Hitting Circuit Prices		Choose the number of Sessions!	
	October & November			
Hitting Helmet	unlimited	Sessions	\$125	Sign up for the top of the line & time line.
Athletic Shirts	12	Sessions	\$125	We'll track your attendance!
Baseball Bat	8	Sessions	\$125	The more you buy the better the value!
Warm Clothes	6	Sessions	\$125	T-Cuts - Short Toss - Live Arm
	4	Sessions	\$125	Video Being taken w/ Coach Monahan
Let's Get Ready for the Season!	2	Sessions	\$125	

Let's Get Ready for the Season!

Hitting Circuit Sessions

Day	Date	Time	Session
Tue	Oct 15th	6p-7p	Hitting
Thu	Oct 17th	6p-7p	Hitting
Fri	Oct 18th	7p-8p	Hitting
Tue	Oct 22nd	6p-7p	Hitting
Thu	Oct 24th	6p-7p	Hitting
Fri	Oct 25th	7p-8p	Hitting
Tue	Oct 29th	6p-7p	Hitting
Thu	Oct 31st	6p-7p	Hitting
Fri	Nov 1st	7p-8p	Hitting
Tue	Nov 5th	6p-7p	Hitting
Thu	Nov 7th	6p-7p	Hitting
Fri	Nov 8th	7p-8p	Hitting
Tue	Nov 12th	6p-7p	Hitting
Thu	Nov 14th	6p-7p	Hitting
Fri	Nov 15th	7p-8p	Hitting

WEST LINN BASEBALL

Coach Monahan

www.westlinnbaseball.net

Head Coach Joe Monahan

503-605-3700 78700@west.com

Have a Plan “Inspect what you Expect”

Pre-Season Schedule-Important Dates

January/February

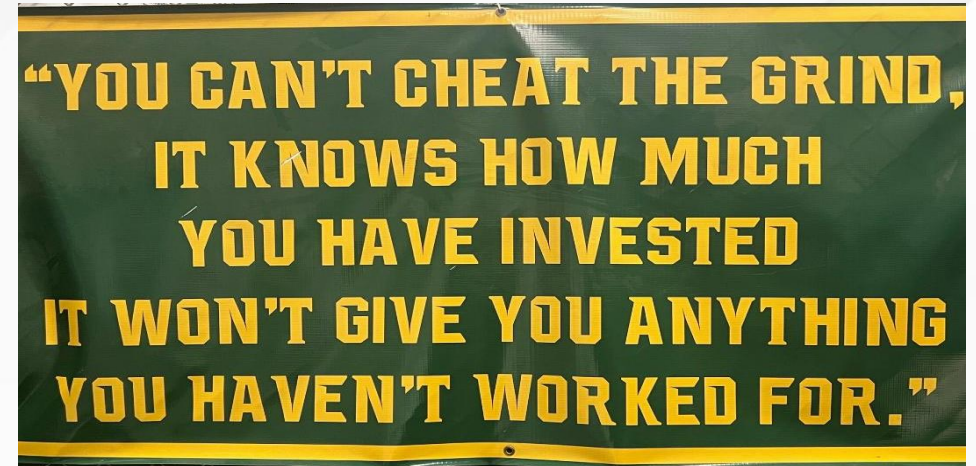
Coaches Staff Meetings and Chalk Talks with Youth Coaches

2-hour Practices 3-days a week (put in all of your basic stuff)

Pitcher Bullpens/Live Throwing Scrimmages (Pitch Count Progression)

Weight Training/Speed & Agility

Youth Camps (40 Sessions)



“Spring Season Schedule”

Practice or Play 6 Days a week

March 3-5 Tryouts

Individual Player meetings Make Team or Cut

March 6 Parent Meeting

Parents of players that made the team

March 14th Games Begin

March 21-27 Spring Break Trip

Individual Player Meetings-Current Roles

April/May

Season Games

Playoffs

June

Semi-Finals

Finals



The Summer Season

“Where Trust is Earned”

- June-July 30-40 games
- Mon-Thu Doubleheaders (We have players that play Club)
- We Play Legion AAA with next year's potential Varsity Players
- We don't combine with other schools
- We don't keep graduated Seniors
- We play in 2-3 Big 19U Tournaments-Battle of Omaha (College World Series) The Firecracker, and our Summer League State Tournament
- Our schedule is meant to be as tough or tougher than our expected Spring Schedule

Thank You