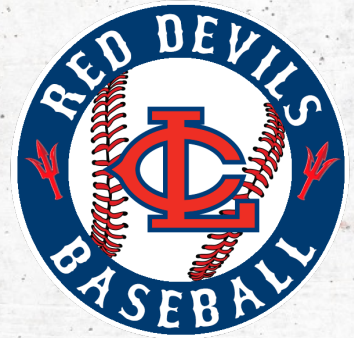


# WIN ANYWAY

*CREATING: CULTURE, CONFIDENCE, & GRIT  
THROUGH PHYSICAL CHALLENGES*



Kurt Lupinski  
Head Coach  
Lower Columbia College



# WIN ANYWAY??

- What does it mean to the LCC players and Coaches?
- Weather, Umpiring, Field Conditions, Opponents, Fans, Coaches
- “Victim” vs “Creator”
- NO EXCUSES



# YOU'RE AT LC..... YOU DON'T NEED CULTURE... YOU HAVE TALENT

- HISTORY OF LC BASEBALL, STANDARD TO UPHOLD
- TAKE PRIDE IN OUR STAFF AND RECRUITING
- PUT OUR PLAYER DEVELOPMENT UP AGAINST ANYONE
- WE STRIVE TO GET THE BEST PLAYERS AND MAKE THEM BETTER!! DO HARD THINGS, CREATE CHALLENGING ENVIRONMENTS, ATHLETES WHO WANT TO BE THERE WILL ADAPT



# LCC HISTORY AND CURRENT PROGRAM

- Rich History and Tradition
- **15 total Championships (NWAC modern era record)**
- 4 out of last 5 NWAC Titles (Every Decade since the 70's)
- **Most players moved onto 4-year level baseball, and most Players DI since year 2000 (16 last year)**
- Traditions Spanning Decades (Boxes, Sandpiper Run, Lake Run, Dirty Devil Challenge, etc)



# BEST STAFF IN THE NWAC



- **Brian Valentine** – Hitting/3<sup>RD</sup> Base Coach/Recruiting Coordinator/Defensive Development
- **Mike Callia** – Strength/Pitching Coach
- **Shane McCarroll** – Hitting/1<sup>st</sup> Base Coach/Defensive Development



**KURT LUPINSKI**  
HEAD COACH

**BRIAN VALENTINE**  
ASSISTANT COACH/  
RECRUITING COORDINATOR

**MIKE CALLIA**  
ASSISTANT COACH

**SHANE MCCARROLL**  
ASSISTANT COACH

# CREATING TRADITIONS/TEAM BUILDERS

- Sandpiper Hill Run
  - Lake Run
  - Team Challenges (Dirty Devil Challenge)
  - Relay Races
  - Boxes
- Huge underlying goal – disguise strength and team building in fun and competitive ways
- **Stronger athletes make you a better coach!!! Strong Athletes and Good Movers can Make Adjustments!!!!**

# SANDPIPER HILL RUN

- Tallest Hill in Town, ½ mile up, and ½ mile back to LCC
- First Team Building Exercise
- Also Serves as an Accountability Tool



# RED DEVIL RELAY RACES

- Caps off Week 1
- Must work together for first time
- Work hard as an individual to not let down your team
- Iron Sharpens Iron



# Red Devil Relay Races - Video



# DIRTY DEVIL CHALLENGE

- Individual and Team Concept
- Simple Rules: Go as hard as possible, put up your best performance for each event
- Points awarded to top 5 in each event
- 10 Challenges



# PLAYER DEVELOPMENT AND THE ORIGIN OF “BOXES”

- Steve Farrington – late 1980’s – Ahead of his time – Strength training
- Boxes are sleds, before sleds were popular



# SUPPLIES AND SIZES

- NEED: Plywood, wood screws, glue (optional), carpet, staple gun

- Sizes (Width x Height x Depth):

Big Box – (3 ft) x (3 ft 6 in) x (3 ft)

3<sup>rd</sup> Largest – (2 ft) x (3 ft) x (2 ft)

2<sup>nd</sup> Box – (2 ft) x (2 ft 6 in) x (2 ft)

Smallest Box – (2 ft) x (2 ft) x (2 ft)



# BUILDING STRENGTH – WHY?

- STRENGTH CLEANS UP A LOT OF SKILLS!!!
- COACHING BETTER MOVERS, MAXIMIZES YOUR COACHING CUES
- CONFIDENCE
- TOGETHERNESS
- GRIT BUILDING

# VARIOUS BOX WORKOUTS

- REGULAR SET
- GAUNTLET
- RELAYS
- BIG BOX PUSHES



**CREATES COMRADARIE, TOUGHNESS, CONFIDENCE, AND BUILDS LOWER BODY STRENGTH FUCTIONALLY**

# REGULAR SET

- Prescribed pushing amounts
- Everyone down and back twice, then move up a box
- Once everyone has pushed every box, workout is over
- Pushing anaerobic system to its thresholds right before aerobic training
- Training strength but at max force output

# REGULAR SET





# BOX RELAYS

- Creates competition
- High force output
- Individual effort and team success relationship

# BOX RELAYS



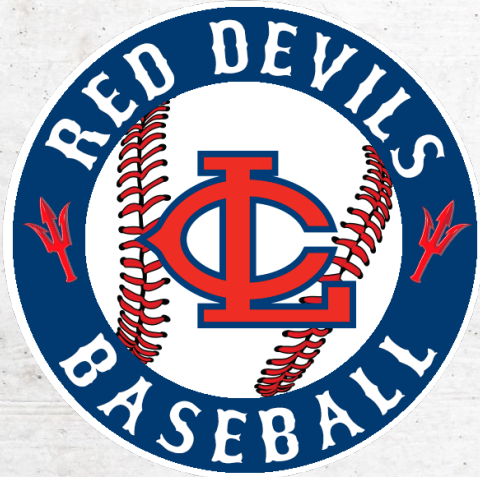
# 5 MINUTE ABS

- Brain telling body to keep working
- “We can do anything for 5 minutes”
- Unity, Syncing Communication
- Accountability for guy next to you



# IN CONCLUSION

- **BUILDING STRENGTH** WILL AID IN **BUILDING SKILL**
- FIND WAYS TO MAKE STRENGTH BUILDING FUN AND COMPETITIVE
- **GRIT SHOWS UP IN GAMES!**



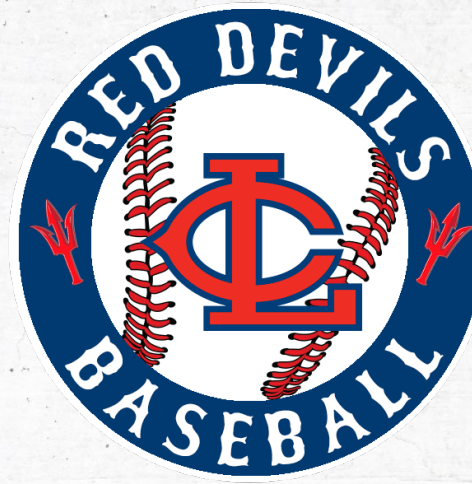
# IN CONCLUSION (REAL-TIME EXAMPLES)

- Back against a wall?  
How Gritty are you?
- In Game Gritty  
Moments
- Go Ahead HR's,  
WALK OFF BOMBS, 9  
and 2/3 Inning Relief  
Appearance for a  
Title



# FINAL THOUGHTS

- WILL ADD TO TEAM BUILDING AND GRIT BUILDING
- REGARDLESS OF YOUR WEIGHT ROOM SETUP OR LIMITATIONS, BOXES ARE A LOW-COST IDEA TO HELP WITH THIS TRAINING – PLUS CAN IMPLEMENT IT IN A GYM IF WEATHER FORCES YOU INSIDE



THANK YOU!!! GO DEVILS!!!!

GOOD LUCK TO EVERYONE!!!

