



BUILT4LIFE

BUILDING A BASEBALL PROGRAM WITH INTENTIONAL PURPOSE

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UNIVERSITY OF WASHINGTON***



Coaching...

What are we doing this for?

ATHLETICS

ACADEMICS

EXPECTATIONS • ACCOUNTABILITY • OWNERSHIP

BUILT4LIFE

TRUST • TOUGHNESS • RELENTLESSNESS

CITIZENSHIP

LEADERSHIP





4 pillars to maximize our players capabilities:

- athletics*
- academics*
- citizenship*
- leadership*

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Short term benefits

*These pillars help our teams
In our quest to get to Omaha
and our players in their quest
to become big leaguers*




athletics



athletics

-We are here to win!

-Winning demands habits of excellence

*-There is no better classroom in the world than the
baseball field*

facility



facility



facility



Fan support



bullpen



Pitching lab



Indoor facility



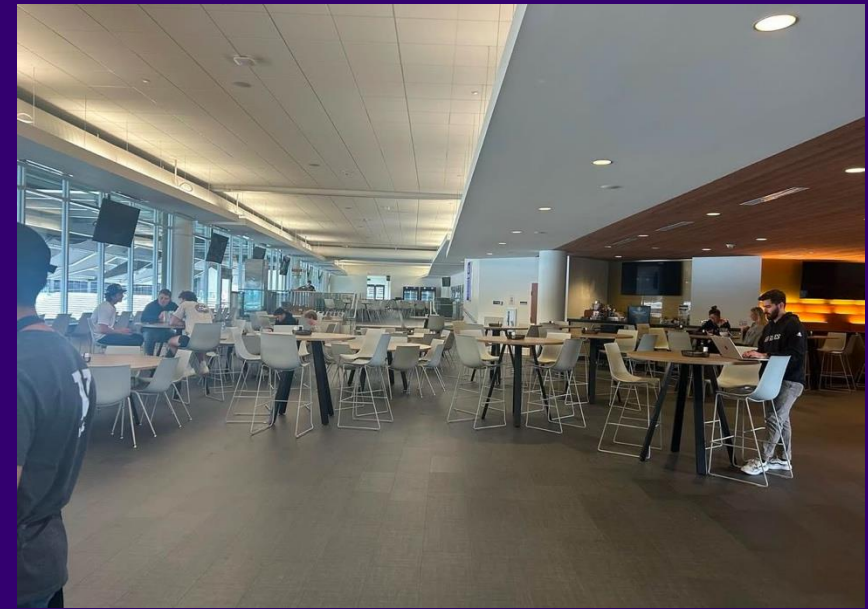
Hitting development



Strength and conditioning



nutrition



analytics



Locker room



Meeting space



Equipment and apparel





academics



academics

-it still matters!



academics

-If you want to be great in anything, you have to be great in everything

-we need players who understand the value of the degree and are motivated to have success in the classroom



citizenship



citizenship

- on campus and the community*
- great way to emphasize selflessness*
- we want people excited when we win!*



leadership



leadership

-responsibility of every player

-team duties for veterans, not rookies

-captains



Long term benefits

*These pillars help our players for develop habits
and skills to be used for the rest of their life*




athletics



athletics

-winning is a life long trait

*-winning will be demanded of us
for the rest of our lives*



academics



academics

-for most, the degree will pay more than baseball

-“If baseball can get you an education, you can never ask for anything more from the game.” – Terry Francona



citizenship



citizenship

-creates future civic leaders

*-players who think about how they can serve the
world around them*

-8 billion people in the world...

How can we make it a better place?



leadership



leadership

*-changes communities and
changes the world*

-pays more than any skill on earth



The path to get there

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Intentional culture building to create:

- expectations*
- accountability*
- ownership*
- trust*
- relentlessness*
- toughness*



expectations



expectations

*you are the head coach...
Everything that happens
in your program is
your responsibility*



expectations

Creating expectations:

- Coaches retreat*
- coaching staff breakdown*
- baseball 101*
- quote of the day*
- guest speakers*
- Instagram, twitter, videos, etc.*

Coaches retreat

University of Washington Baseball

2024-2025 Season Coaches Onboarding

September 6-10, 2024

Friday, September 6

10:00am Staff Meeting
***Program Foundations and Coaching Staff Pillars I (Trust) and II (Habits)

Monday, September 9

9:15am Meet with Iain Mistrot for injury report in Omaha Room

11:00am Arrive and settle in at Air BnB (2331 Hughes Avenue SW, Seattle, WA 98116)

11:30am Staff Meeting at Air BnB
***Coaching Staff Pillar III (Results)

1:00pm Walk to lunch
***Will pick something out

After lunch Hang out around Alki Beach or in Air BnB

4:30pm Staff Meeting at Air BnB
***Recruiting 101

7:30pm Dinner at Chupacabra

Tuesday, September 10

8:00am Breakfast delivered to Air BnB

8:30am Staff Meeting at Air BnB
***Fall 2024 overview

11:00am Return to campus

Coaching staff breakdown

Smith

HEAD COACH

Oversee Position Players Strength Program
Hitting Coach/Run Offense
Team Development
Practice Planning
Position Player Throwing Program
Team Defense
Fundraising
Scheduling
Apparel Design and Order
Liason to Academic Coordinator
Opposing Pitcher Scouting Report
Throw BP
NIL

Lessler

DIRECTOR OF PLAYER DEVELOPMENT

Camp Coordinator
Throw BP/Hit Fungos
Chart in Game
Assist with Scouting Reports
Post Practice Plans
Daily Field Set Up for Practice
Manage Equipment and Machines
Field, Walls, and Batting Cage Upkeep and Contact

Lambert

PITCHING COACH

Oversee Pitcher's Strength Program
Scouting Reports - Opposing Hitters/Offense
Video/Synergy Coordinator
Summer Ball Placement Contact
Professional Scout Communication
Direct Trackman/Analytics
Throw BP
CARA hours logging

Hatloe

DIRECTOR OF PROGRAM OPERATIONS

Direct All Team Travel Operations
Communicate with Opposing Teams
Liason to Equipment Staff for Apparel
Bat Testing
Facility Upkeep and Contact - All Matters Not on Walls, Turf or in Cages
Coordinate UW Laundry and Uniforms
Meals at Home and Meal Cards
Game Contracts
Coordinate Travel Reimbursements
Pitch com Director
Coordinate First Pitch Dinner
Manage Class Schedules Document

Gillich

DEFENSIVE COORDINATOR

Infield Coach
Catching Coach
Defensive Alignment in Game
Coach 3B In Game
Scouting Reports Defensive Positioning
Throw BP
Scheduling Assistant

Gange

RECRUITING COORDINATOR

Outfield Coach
Coach 1B in Game
Throw BP
Liason for Outside Groups Using Husky Ballpark

Baseball 101

- the quest for greatness***
- performance optimization***
- creating a great team***
- toughness***
- how to succeed in the classroom***
- how college baseball works***

Quote of the day

University of Washington Baseball

Monday, October 14, 2024

Attire: 2025 purple top, gray practice pants, purple hat

Anderson: Throwing on own rehab program
Blanchard: No throw
Bower: Class until 2:20pm, hustle over
Brandenburg: Throwing on own program
Gilbert: Class until 3:30pm

Gore: Throwing on own rehab program
Sanders: Class at 5:00pm, depart at 4:40pm
Warkentin: Throwing on own rehab program
WoodwardW: Suspended

YOU GET WHAT YOU GIVE

Group A Pitchers: Tims, Nichols, Evangelista, McAdams, Simonsen, Gilbert, Henning, Masters, Parkin, Brandenburg
Group B Pitchers: WoodwardW, Sweeney, Denomme, Anderson, Gore, Warkentin
Group C Pitchers: Banks, Yeager, Bugacich, Emanuelis, Bronzini, Thomas, Sand, Curran

2:30pm Baseball 101

2:31pm Warm Up: CF

2:45pm Baserunning

3:20pm Position Player Throwing: RF
5 x 60 5 x 75 3 x 90 3 x 105

3:30pm Defensive Breakdown

3:50pm Rundowns

4:10pm Team D: Runner on 3B

Guerrero
Knight
Sanders
Crawford
Wilson
DeCarlo
Klooster
O'Neal
Hotchkiss
Henning

Pearson
Whitton
Taggart
Boyd
Kole
Tims
Blanchard
O'Neal
Nadeau
Terry

Nichols
Sand
Denomme
Masters

Gilbert
Anderson
Parkin
Bronzini

McAdams
Curran
Warkentin

Simonsen
Sweeney
Bugacich
Brandenburg

Evangelista
WoodwardW
Banks
Emanuelis

Thomas
Gore
Yeager

4:30pm Batting Practice

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Field	Cages	BRUN	D
D	Field	Cages	BRUN
BRUN	D	Field	Cages
Cages	BRUN	D	Field

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Blanchard: C	O'Neal: C	Bower: C	Klooster: D
Knight: CF	Boyd: 2B	Kole: SS	Whitton: RF
Nadeau: RF	Crawford: 3B	DeCarlo: 3B	Guerrero: LF
Henning: LF	Pearson: LF	Wilson: 2B	Hotchkiss: CF
Sanders: 1B	Tims: SS	Terry: RF	Taggart: 1B

FIELD
4 Attack
4 Attack
2+2 Attack
2+2 Attack

D
INF: Fungo 1 and 2
OF: Runner on 3B, 1 out
C: Pens ***Stay there until tapped out!

CAGES
Cage 1: 4 attack front toss power position
Cage 2: 4 pitches attack vs. RHP

BRUN
3B: 1 out infield all back, safe play
3B: 1 out corners up middle back, safe play
3B: 1 out infield in, down angle

5:20pm Batting Practice Ends

5:21pm Practice Ends for Pitchers

5:25pm Bunting

5:35pm Practice Ends

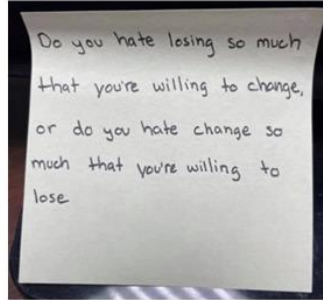
University of Washington Baseball

Thursday, October 24, 2024

Attire: Team assigned top, gray practice pants, purple hat

Anderson: Throwing on own rehab program
Blanchard: Limited throwing
Brandenburg: Throwing on own program
DeCarlo: Limited swings
Gore: Throwing on own rehab program
Hotchkiss: Out

Pearson: Out
Sanders: Class at 6:00pm, depart at 5:40pm
Warkentin: Throwing on own rehab program
Wilson: Out, class at 5:30pm, depart at 5:00pm
WoodwardW: No hit, D, throw, or run



Group A Pitchers: Tims, Nichols, Evangelista, McAdams, Simonsen, Gilbert, Parkin, Masters, Brandenburg
Group B Pitchers: Thomas, Emanuelis, Bugacich, Yeager, Bronzini, Banks, Warkentin, Anderson, Gore
Group C Pitchers: Sweeney, Henning, Denomme, WoodwardW, Sand, Curran

3:00pm National Anthem: Stay in assigned dugout side of field (1B or 3B)

3:05pm First Pitch

Home: Purple: 1B Dugout

DeCarlo: SS
Guerrero: LF
Taggart: 1B
Kole: 3B
Bower: CF
Knight: CF
Whitton: RF
Crawford: 2B

Starting Pitcher
Gilbert

Available Relievers
Evangelista
Masters
Nichols

WoodwardW: 3B Coach (unless bumped out by Coach Gilich)

Coma: BPC

Brandenburg: Thomas
Gore: Sweeney
Denomme: Wilson

Visitors: Gray: 3B Dugout

Blanchard: 1B
Sanders: 3B (Depart at 5:40pm)
Terry: LF
Tims: DH (3B at 5:40pm)
Nadeau: CF
Boyd: 2B
Klooster: BPC (C in 5th)
Henning: SS
O'Neal: C (BPC in 5th)
Sand: RF ***No hit, no throw

Starting Pitcher
McAdams

Available Relievers
Parkin
Simonsen
Tims

Hotchkiss: 3B Coach (unless bumped out by Coach Gilich)

Yeager: Banks
WoodwardW: Curran
Bronzini: Pearson

7:00pm Practice Ends

University of Washington Baseball

Wednesday, October 16, 2024

Attire: 2025 purple shirt, gray practice pants, purple hat

Anderson: Throwing on own rehab program
Blanchard: No throwing
Bower: Class until 2:20pm, hustle over
Brandenburg: Throwing on own program
DeCarlo: No mod ball throws

Gore: Throwing on own rehab program
Sanders: Class at 5:00pm, depart at 4:40pm
Warkentin: Throwing on own rehab program
WoodwardW: No hit, throw, D or BRUN

"If in doubt, ATTACK!" -Winston Churchill

Group A Pitchers: Tims, Nichols, Evangelista, McAdams, Simonsen, Gilbert, Henning, Masters, Parkin, Brandenburg

Group B Pitchers: WoodwardW, Sweeney, Denomme, Anderson, Gore, Warkentin

Group C Pitchers: Banks, Yeager, Bugacich, Emanuelis, Bronzini, Thomas, Sand, Curran

2:30pm Baseball 101

2:31pm Warm Up: LF

2:45pm Sprinting and Baserunning

3:10pm Position Player Throwing: LF
3 x 60 3 x 75 3 x 90 3 x 105 3 x 120

3:20pm Defensive Breakdown

3:40pm Picks

4:00pm Batting Practice

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Field	Cages	BRUN	D
D	Field	Cages	BRUN
BRUN	D	Field	Cages
Cages	BRUN	D	Field

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Klooster: C	Blanchard: C	O'Neal: C	Bower: C
Hotchkiss: CF	Boyd: 2B	Kole: SS	Whitton: RF
Nadeau: RF	DeCarlo: 2B	Crawford: SS	Henning: LF
Guerrero: LF	Pearson: LF	Wilson: SS	Knight: CF
Sanders: 1B	Tims: 2B	Terry: RF	Taggart: 1B

FIELD
4 Attack
4 Attack
2+2 Attack
2+2 Attack

D
INF: Fungo to uncoupled base (1 or 2)
OF: Runner on 3B, 1 out
C: Pens ***Stay there until tapped out!

CAGES
Cage 1: 4 pitches attack vs. RHP
Cage 2: 4 pitches attack vs. LHP

BRUN
1B: 1 out
2B: 1 out
3B: 1 out infield in, down angle

4:55pm Infield/Outfield

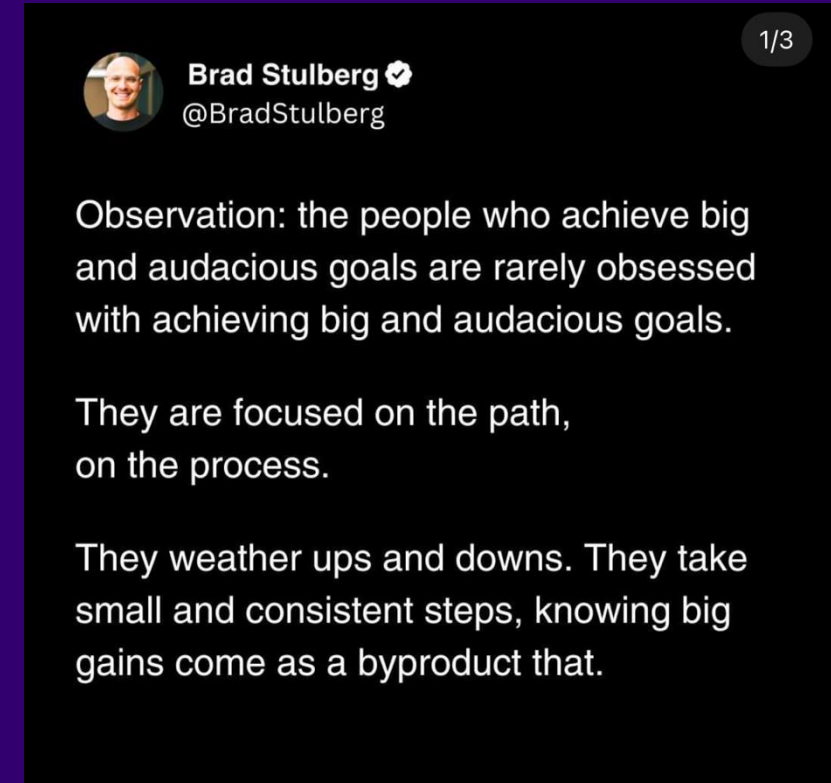
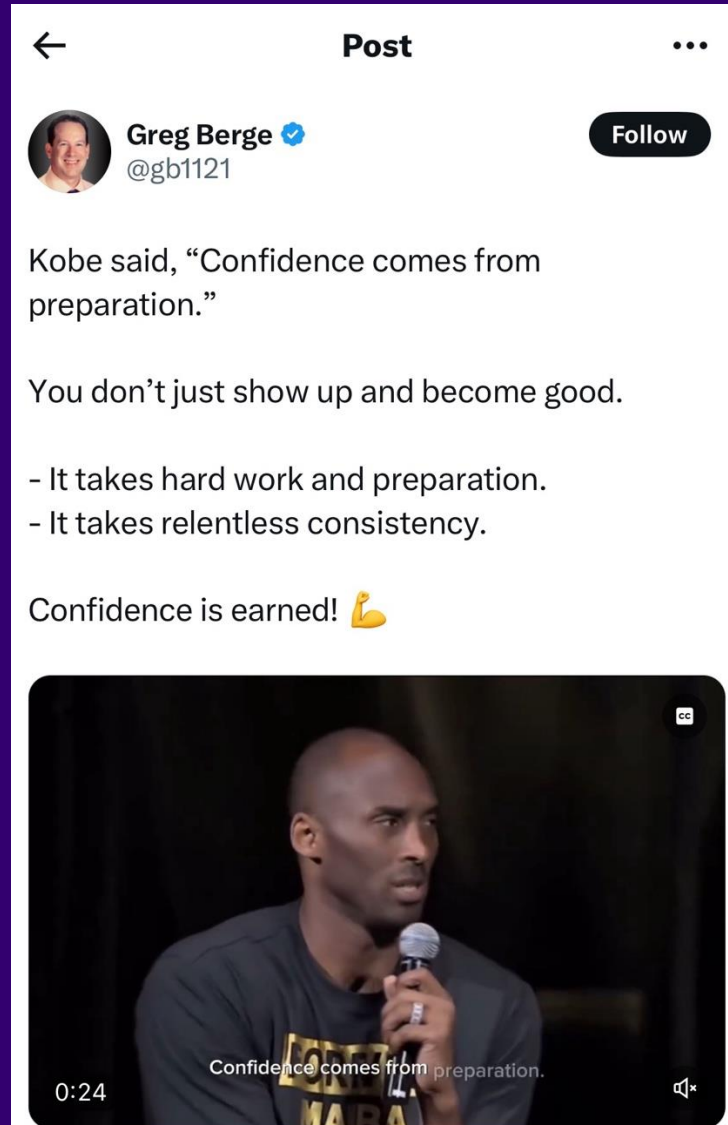
5:05pm 5 Minutes of Abs

5:15pm Team Practice Ends

Guest speakers

- former players*
- local professional players*
- coaches from other teams*
- first responders*
- armed forces*

Social media influences





accountability



expectations

incorporating accountability

- direct communication*
- praise*
- tough love*
- consequences...negative and positive*



Huskies



DIRTY DAWG CHAMPIONS

***HONORING THE PLAYERS WHO BEST EMBODY THE
WORK, SWEAT, AND GRIT OF WASHINGTON BASEBALL***

2025	TOMMY BRANDENBURG	CARSON CRAWFORD
2026		
2027		
2028		
2029		
2030		
2031		
2032		
2033		
2034		





ownership



ownership

-all members must feel like it is their team

-teach skills but more importantly teach players to be their own best coach

- “team is counting on me” mindset



expectations

Promoting ownership

- pre practice routines*
- off days*
- player led/influenced decisions*



trust



trust

*-instinctual level of everyone in the organization believing that
they can
count on anyone else in the organization*

-pet dog example





toughness





toughness

*Do your job
regardless of
the conditions*



toughness

*conditions used as perfectly reasonable
explanation
to not do your job:*

*-weather
-umpires
-field conditions*

*-coaches
-sun in my eyes
-parents*

*-school work
-girlfriends
-travel issues*



toughness

examples of toughness in college baseball

- *Run hard out of the box every time*
- *Back up bases when the ball is in play*
- *Win the 3-2 count*
- *3-0 comebacks for pitchers, 0-2 comebacks for hitters*
- *Dirtball reads*
- *Defensive roll on an inside pitch*
- *3-1 take for ball 4*
- *Pitchers executing the pitch in 0-2 counts*
- *Outs after errors*
- *Eliminate the running game*
- *Elite next pitch speed*
- *Every at bat is a masterpiece*



relentlessness



relentlessness

*Adversity is the only thing that is
promised...*

*how you respond to adversity will define
your team*



relentlessness

-practice fast and the game slows down, practice slow and the game speeds up

-you can't expect to play tough if your preparation is soft

-incorporate as much adversity in to preparation as possible



relentlessness

-e + R = 0

-Everett example

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