BUILT4LIFE

BUILDING A BASEBALL PROGRAM WITH INTENTIONAL PURPOSE

ddie

EDDIE SMITH BASEBALL COACH UNIVERSITY OF WASHINGTON

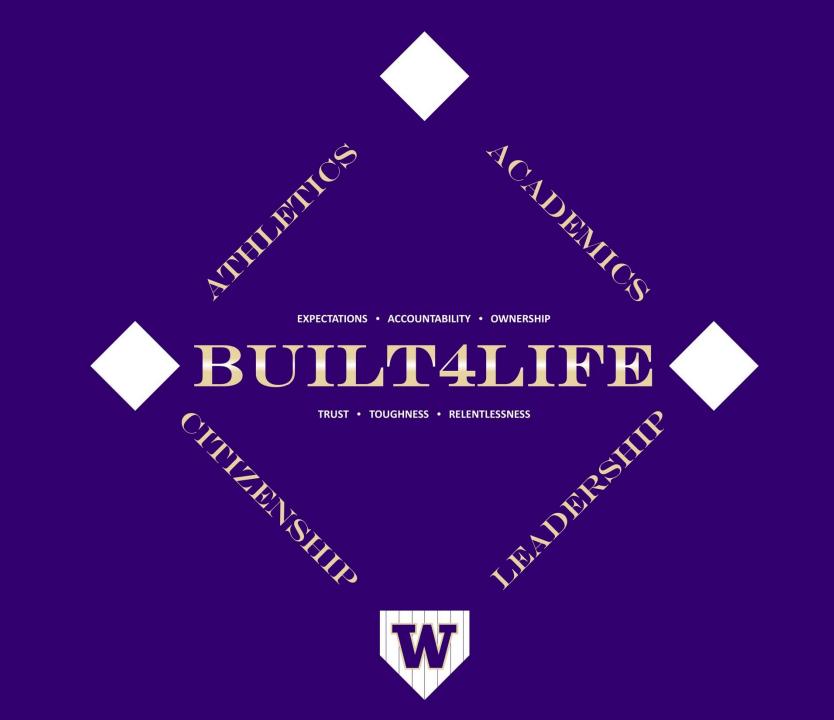
1.000 B. -

Coaching...

What are we doing this for?







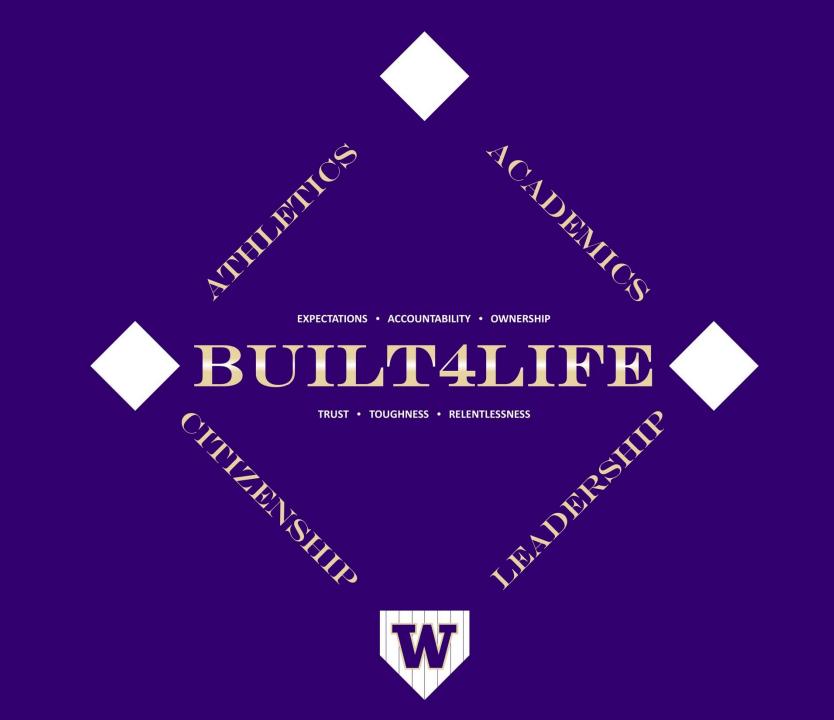


4 pillars to maximize our players capabilities

-athletics -academics -citizenship -leadership







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







and an a

athletics





athletics

-We are here to win!

-Winning demands habits of excellence

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

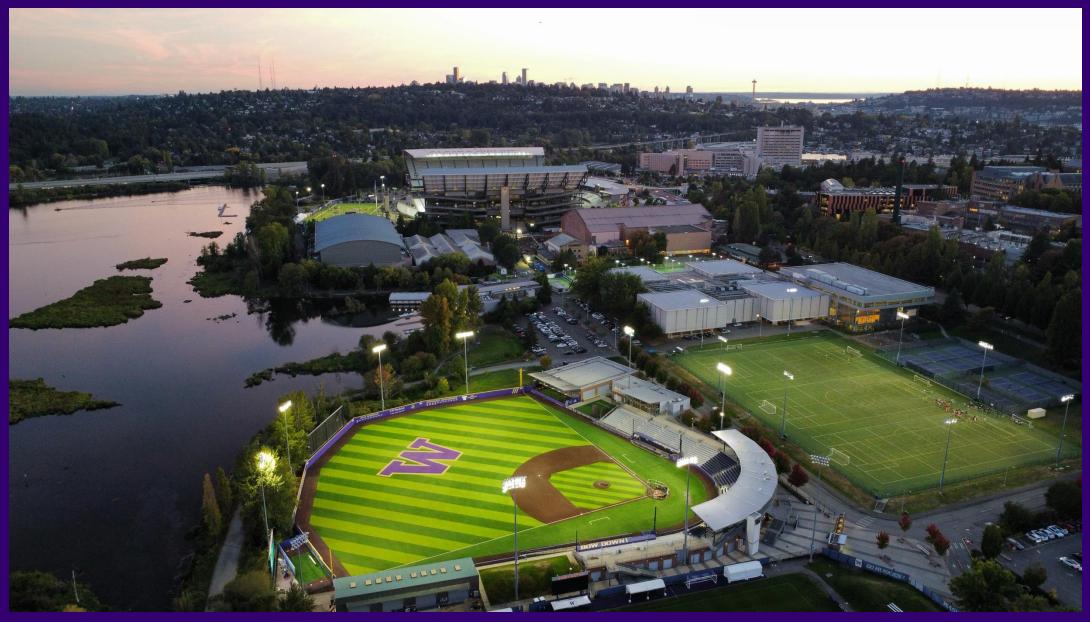




facility



facility







Fan support



bullpen



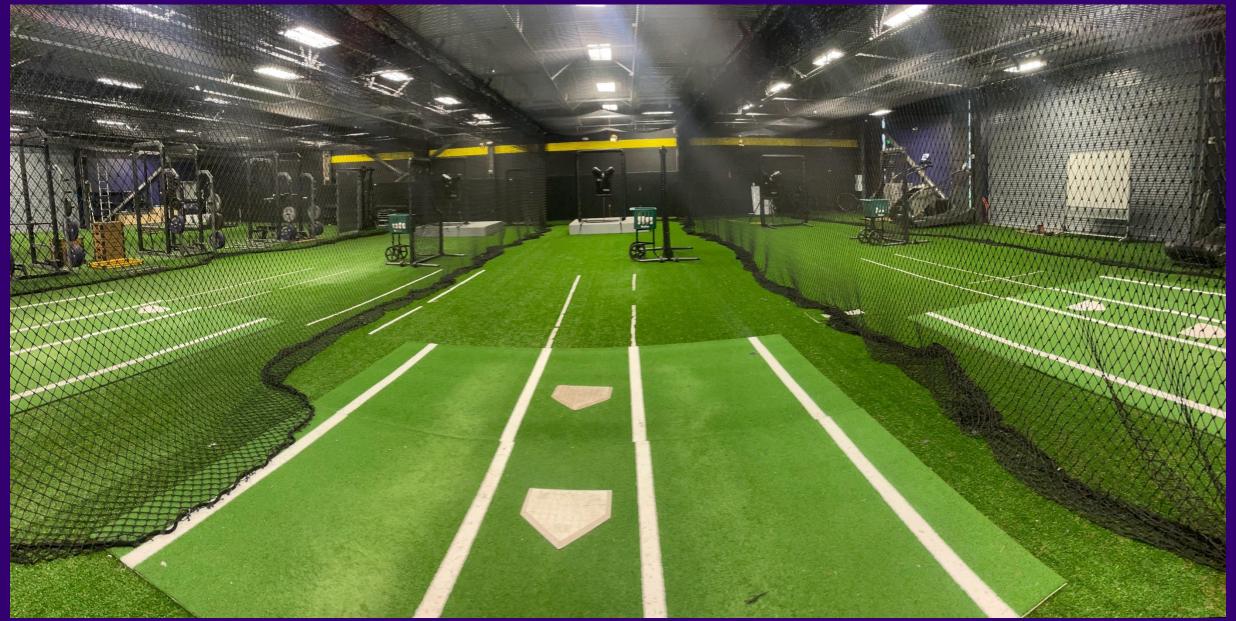
Pitching lab



Indoor facility



Hitting development



Strength and conditioning







nutrition





analytics







Meeting space



Equipment and apparel



and the second second

academics





and the second

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





accel of a

citizenship







A second by the second se

citizenship

-on campus and the community

-great way to emphasize selflessness

-we want people excited when we win!





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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







and an a

athletics





W

athletics

-winning is a life long trait

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





and the second second

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. Francona





accel of a

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?





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leadership







leadership

-changes communities and changes the world

-pays more than any skill on earth



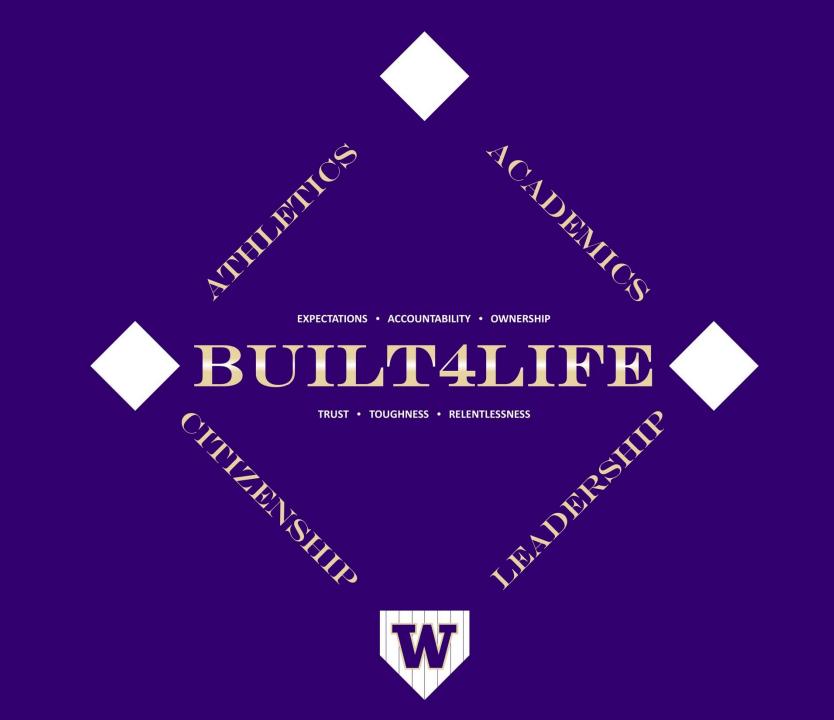




The path to get there







Intentional culture building to create

-expectations -accountability -ownership

-trust -relentlessness -toughness





and the second second

expectations







a second provide a second

expectations

you are the head coach... <u>Everything</u> 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, Septe	mber 6
10:00am	Staff Meeting ***Program Foundations and Coaching Staff Pillars I (Trust) and II (Habits)
Monday, Sep	tember 9
9:15am	Meet with lain 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, Sep	tember 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

Gillich

<u>Smith</u>

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

<u>Lambert</u>

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

DEFENSIVE COORDINATOR Infield Coach Catching Coach Defensive Alignment in Game Coach 3B In Game

Scouting Reports Defensive Positioning Throw BP Scheduling Assistant

<u>Gange</u>

RECRUITING COORDINATOR

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

<u>Lessler</u>

DIRECTOR OF PLAYER DEVELOPMENT

DIRECTOR OF PROGRAM OPERATIONS

Direct All Team Travel Operations **Camp Coordinator** Throw BP/Hit Fungos Communicate with Opposing Teams Chart in Game Liason to Equipment Staff for Apparel Assist with Scouting Reports **Bat Testing** Facility Upkeep and Contact - All Matters Not on Walls, Turf or in Cages Post Practice Plans Daily Field Set Up for Practice Coordinate UW Laundry and Uniforms Manage Equipment and Machines Meals at Home and Meal Cards Field, Walls, and Batting Cage Upkeep and Contact Game Contracts **Coordinate Travel Reimbursements** Pitch com Director **Coordinate First Pitch Dinner**

Hatloe

Manage Class Schedules Document

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		Blanchard		Sanders	Throwing on own rei Class at 5:00pm, dep	art at 4:40pm	
Monday, October 14, 2024			Class until 2:20 pm, hus Throwing on own prog		Throwing on own rei Suspended	hab program	
Attire: 2025 purple top, gray pract	ice pants, purple hat		Class until 3:30 pm				
		CET		ΑΤ ΥΟ			
	100	GLI	VV I 1/			VL	
Group A Pitchers: Tims, N				, Parkin, Brandenburg			
Group B Pitchers: Woodv Group C Pitchers: Banks,							
2:30pm Baseball101							
2:31pm Warm Up - CF					PITCHERS	5	
2:45pm Baserunning						Tims pen	Klooster catching
3:20pm Position Player Throwing	C-RF				2:40 pm	Henning pen	O'Neal catching
5×60 5×75 3	x 90 3 x 105				2:45 pm	Throwing - UF	
3:30pm Defensive Breakdown					3:30 pm	Pitchers Meetin	g - Bullpen
3:50pm Rundowns							
4:10pm Team D - Runneron 3B							
Guerrero		Pearson			4:10 pm	Simonsen pen	Coma catching
Knight		Whitton				Evangelista pen	
Sanders		Taggart					
Crawford		Boyd			4:35 pm	McAdams pen	
Wilson		Kole			4:45 pm	Nichols pen	
DeCarlo		Tims					
Klooster		Blanchard			5:00 pm	Gibert pen	
O'Neal		Bower			5:10 pm	Masters pen	
Hotchkiss Henning		Nadeau Terw				Parkin nen	Coma catching
neurong		1 city			3.23pm	- anen pen	come setcinity
Nichols Gilbert		Simonsen		Thomas			
Sand Anders		Sweeney		Gore			
Denomme Parkin	Warkentin		Banks	Yeager			
Masters Bronzin	1	Brandenbu	rg Emanuels				
4:30pm Batting Practice							
GROUP 1	GROUP 2	GRDUP 3	GROUP 4				
Field	Cages	BRUN	DBRUN	4			
BRUN	Field	Cages	BRUN Cages	4			
Cages	BRUN	Pield	Reid	1			
cages	2	2	Const Ma	1			
GROUP1	GROUP 2	GROUP 3	GROUP A	1			
Blanchard - C	O'Neal - C	Bower - C	Klooster - D				
Knight - CF	Boyd - 28	Kole - SS	Whitton - RF	1			
Nade au - RF	Crawford - 38	DeCarlo - 38	Guerrero - UF	1			
Henning - LF	Pearson - LF	Wilson - 28	Hotchkiss - CF	1			
Sanders - 18	Tims - SS	Terry - RF	Taggart - 18	4			
L							
FIELD D			Cages	6	BRUN	a second and second	de aleu
	NF · Fungo 1 and 2 IF · Runner on 38, 1 o		Cage 1 - 4 attack Cage 2 - 4 pitche	front toss power position		t infield all back, sa t corners up middl	
	Pens ***Stay there		cage 2 - 4 pitche	s attack vs. nmP		t corners up middi t infield in, down a	
2+2 Attack C	- Forb asay there	unsidepped out			30-100	s metera in, aowin a	
5:20pm Batting Practice Ends							

5:21pm Practice Ends for Pitchers

5:25pm Bunting

5:35pm Practice Ends

niversity of wa	ashington Base	ball			rowing on own reh	ab p rogra m		Pearson		
					nited throwing				Closs at 6:00 pm, depart at 5:40 pm	
hursday, Octob	per 24, 2024				rowing on own pro	gra m			Throwing on own rehab program	
ttire: Team ass	igned top, gray	practice pants	s, purple hat	DeCarlo Un Gore Th Hotchkiss Du	rowing on own rehi	ab program			Out, class at 5:30pm, depart at 5:00pm No hit, D, throw, or run	
				TO LIMITS OF						
			o m	r do yo	nate losin re willin u hate c voure w	change	. Sc	2		
					Simonsen, Gilbert, Bronzini, Banks, Wa					
	Group C P	Itchers: Sweet	ey, Henning,	Denomme, Wood	wardW, Sand, Curra	in				
3:00pm	National Anth	em - Stay in as:	signed dugout	side of field (18 or	r 38)					
3:05p m	First Pitch									
	Home · Purple	18 Dugout				Visitors Gra	7 38 D	ugout		
	Home · Purple	18 Dugout				Visitors Grav Blanchard		ugout		
	DeCarlo Guerrero	SS LF				Blanchard Sanders	18 38	(Depart at 5:40pm)		
	DeCarlo Guerrero Taggart	SS LF 1B				Blanchard Sanders Terry	18 38 LF	(Depart at 5:40pm)		
	DeCarlo Guerrero Taggart Kole	SS UF 18 38				Blainchard Sanders Terry Tims	18 38 LF DH			
	DeCarlo Guerrero Taggart Kole Bower	55 UF 18 38 C				Blanchard Sanders Terry Tims Nadeau	18 38 LF DH CF	(Depart at 5:40pm)		
	DeCarlo Guerrero Taggart Kole Bower Knight	55 UF 18 38 C CF				Blanchard Sanders Terry Tims Nadeau Boyd	18 38 LF DH CF 28	(Depart at 5:40pm) (38 at 5:40pm)		
	DeCarlo Guerrero Taggart Kole Bower Knight Whitton	SS UF 18 38 C CF RF				Blanchard Sanders Terry Tims Nadeau Boyd Klooster	18 38 LF DH CF 28 BPC	(Depart at 5:40pm) (38 at 5:40pm)		
	DeCarlo Guerrero Taggart Kole Bower Knight	SS UF 18 38 C CF RF				Blanchard Sanders Terry Tims Nadeau Boyd Klooster Henning	18 38 LF DH CF 28 BPC 55	(Depaint at 5:40pm) (38 at 5:40pm) (C in Sth)		
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	DeCarlo Guerrero Taggart Kole Bower Knight Whitton Crawford	55 UF 18 38 C C CF RF 28	Available Re	lievers		Blanchard Sanders Terry Tims Nadesau Boyd Klooster Hen ning O'N cal Sand	18 38 DH CF 28 BPC SS C RF	(Depait at 5:40pm) (38 at 5:40pm) (C in 5th) (BPC in 5th) **** No hit, no throw		
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	DeCarlo Guerrero Taggart Kole Bower Knight Whitton Crawford	55 UF 18 38 C C CF RF 28	Evangelista	lievers		Blanchard Sanders Terry Tims Nadesau Boyd Klooster Hen ning O'N cal Sand	18 38 DH CF 28 BPC SS C RF	(Depart at 5:40pm) (38 at 5:40pm) (C in 5th) (BPC in 5th) **** No hit, no throw <u>Available Ref</u> Parkin		
	DeCarlo Guerrero Taggart Kole Bower Knight Whitton Crawford Starting Pitche	55 UF 18 38 C C CF RF 28		lievers		Blanchard Sanders Terry Tims Nadeau Boyd Klooster Henning O'Neal Sand Starting Pitch	18 38 DH CF 28 BPC SS C RF	(Depairt at 5:40pm) (38 at 5:40pm) (C in 5th) (BPC in 5th) **** No hit, no throw <u>Available: Rel</u>		
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Wednesday, Octo		tice pants, purple h	at	Blanch Bo Brandenb	son Throwing on own rehab program and No throwing wer Class until 2:20pm, hustle over ung Throwing on own program arlio No med ball throws	Sander Warken ti	e Throwing on own s Class at 5:00pm, n Throwing on own S No hit, throw, D	depart at 4:40pm rehab program
	"If	f in do	ubt, A	TTAC	K!" -Winst	on Chu	rchill	
Group B Pitch	ers: WoodwardW	, Sweeney, Denomin	ams, Simonsen, Gilbe ne, Anderson, Gore, V is, Bronzini, Thomas, S	Varkentin	s, Parkin, Brandenburg			
2:30pm	Baseball 101					PITCHERS		
	Warm Up - LF					2:31.pm 2:40.pm	Banks pen Yeager pen	Blanchard catching Klooster catching
2:45p.m	Sprinting and Base	srunning				2:45 pm	Pitchers Throwin	g · RF
	Position Player Th 3 x 60 3 x 75	rowing - LF 3 x 90 3 x 105	3 x 120			3:30pm	Throwing Ends	
3:20pm	Defensive Breakde	own				4:05 pm 4:15 pm	Emanuels pen Sand pen	
3:40pm	Picks					4:30 pm	Bronzini pen	
4:00pm	BattingPractice					4:30pm 4:40pm	Bronzini pen Thomas pen	
[GROUP 1	GROUP 2	GROUP 3	GROUP 4				
	Field	Cages	BRUN Cages	BRUN		5:20 pm 5:30 pm	Curran pen Bujacich pen	O'Neal catching Coma catching
-	BRUN	Piciu	Reld	Cages		3.30pm	Bujacitar peri	Coma carenning
	Cages	BRUN	D	Field				
l								
1	GROUP 1	GROUP 2	GROUP 3	GROUP 4				
	Klooster - C	Blanchard - C	O'Ne al - C	Bower - C				
	Hotchkiss · CF	Boyd - 2B	Kole - SS	Whitton - RF				
	Nadeau - RF	De Carlo - 28	Crawford SS	Henning - LF				
	Guerrero - LF Sanders - 18	Pearson - LF Tims - 28	Wilson - SS Terry - RF	Knight - CF Taggart - 1B				
t								
	FIELD	2		Cages		BRUN		
	4 Attack		ccupied base (1 or 2)		pitches attack RHSL	18 - 1 out		
	4 Attack	OF - Runner on 38,			pitches attack vs. RHP	28 - 1 out		
	2+2 Attack 2+2 Attack	C - Pens ***Stayth	tere until tapped out			38 · 1 out infield in, do	own angle	
4:55pm	Infield/Outfield							
5:05pm	5 Minutes of Abs							
5:15pm	Team Practice End	Ł						



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

Social media influences

Post

SOME THINK YOU BECOME GREAT ON THE BIG STAGE UNDER THE BRIGHT LIGHTS BUT THE LIGHT ONLY REVEALS THE WORK YOU DID IN THE DARK.



←

reg Berge	{
gb1121	

1	
	Follow
-	

...

Kobe said, "Confidence comes from preparation."

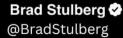
You don't just show up and become good.

- It takes hard work and preparation. - It takes relentless consistency.

Confidence is earned! 💪







Observation: the people who achieve big and audacious goals are rarely obsessed with achieving big and audacious goals.

1/3

They are focused on the path, on the process.

They weather ups and downs. They take small and consistent steps, knowing big gains come as a byproduct that.

SCCC | 9 L P

accountability





expectations

incorporating accountability

-direct communication -praise -tough love -consequences...negative <u>and</u> positive





DIRTY DAWG CHAMPIONS

Huskies

W

W

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*





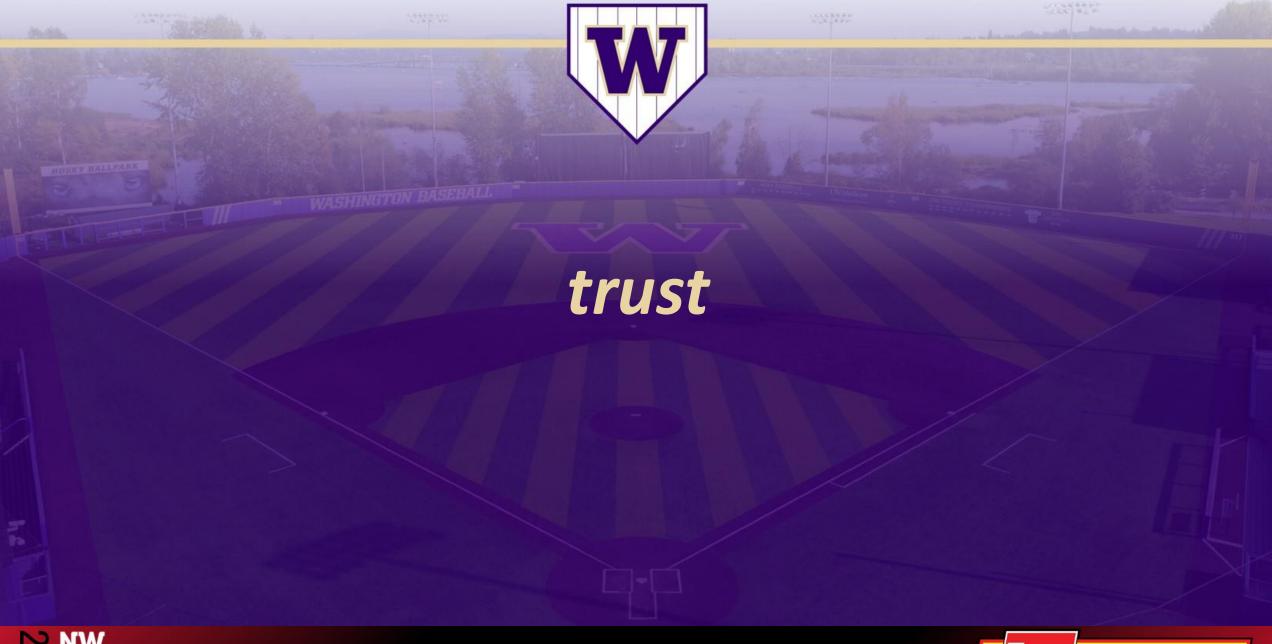
expectations

Promoting ownership

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













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

-pet dog example





trust



COCCERSION OF STREET

accellent -

toughness







W

toughness

Do your job regardless of the conditions





toughness

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

> -school work -girlfriends -travel issues

-coaches -sun in my eyes -parents

-weather -umpires -field conditions





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





toughness

1.5.5.5 5 5 5 F

accel of a

relentlessness





relentlessness

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

how you respond to adversity will define your team





W

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





and the second second

relentlessness

-e + R = O

-Everett example





