

Welcome to the Nighthawks Baseball family!



Topics covered:

- **Coach Chop**
- **Who are we as a staff**
- **What are our core values**
- **What are our goals**
- **Our expectations for our athletes**
- **What do we want to accomplish this Fall**
- **What kind of environment can the boys expect at practice**
- **How do we handle adversity on and off the field**
- **Fall Schedule**
- **Questions**

Coach Chop



- I have a passion for baseball and people
- I have worked with youth in some capacity for 30 years
- I received a Div 1 Scholarship to play at SDSU out of high school and was later drafted out of Vanguard University in the 6th round of the 2002 MLB amateur draft
- I spent 8 years at the MLB level working with and learning from some of the best athletes and leaders in the world
- I was fortunate enough to be a part of 2 World Series Champion teams ('14, '20)
- My Staff was named Region Coach of the year by all sports Tucson in both of our years at PRCA after winning back to back Region Championships for the first time in School history
- I have many incredible mentors including Tim O'Donaghue, Dave Roberts, Andrew Friedman and Bruce Bochy
- Resume (experience) vs Legacy (how we treat people)
- Growth mindset, better today than I was yesterday at striving to win hearts at all cost
- Please communicate with me and ask me questions. I will do everything in my power to be upfront and honest

Who are we as a staff



- **We are Servant Leaders**
 - We are here to serve the kids and partner with their parents
- **We have been given the tremendous opportunity to help mentor these young men into adulthood as humble, confident, productive, empathetic members of society through the game of baseball**
 - We are always where we are supposed to be
 - Do our best. We aren't perfect. When we screw up, own it, and move forward with love and Respect.
- **We will be prepared and on the same page**
- **We will communicate to each other with respect and openness**
- **We will remain focused on the process of improving everyday (Process>Results)**
 - Winning vs. Learning

Our Core Values



Trust -

- Trust in the process
- Trust in our teammates
- Trust in our coaches

Commitment-

- Commitment to the process
- Commitment to each other
- Commitment to controlling what we can control
 - Attitude
 - Effort
 - Focus/Preparation
- Commitment to improving everyday

Love-

- Love the process
- Love our neighbor
- Love each other
- Love the game

What are our goals



- **Love our neighbor/Love each other**

- Impact the community in a positive way
 - Opportunities to serve as a baseball family/Please be on the lookout for ways to serve monthly
- Be a program rooted in love and respect in everything that we do and in every situation that we come across
 - Modeling to our boys how to handle adversity (line ups, roles, playing time)
- When we fall short, we admit it, and we move forward with love and respect

- **Cultivate Major League Humans**

- Major league players (hope) vs Major league humans (must)
 - Major league human defined: Confident, humble, empathetic, fearless, resilient, creative, great teammate, ability to control the controllables, kind, hard-working

- **Get Better Everyday**

- Strive to improve daily as individuals and as a team
- Hold each other accountable with love and respect knowing that a mistake is an opportunity to learn and grow

Our Expectations for our Athletes



- **Control what we can control**
 - Attitude
 - Effort
 - Preparation/Focus
- **Strive to beat the game**
 - Throw Strikes
 - Put the ball in play
 - Play catch on defense
 - Run the bases smart and aggressive
- **Be fearless at practice knowing that a mistake is an opportunity to learn and grow as a team when handled properly**
 - Confident and Fearless
 - Stay on the aggressive side of the equation
 - Read BID, going 1st to 3rd, thinking extra bases out of the box
- **Know the game**
 - Positional Responsibilities Binders
 - There is always somewhere to be on the field on every play
 - Fielding the ball, covering a base, setting up a cut, backing up a play
- **Growth mindset striving to get better everyday**
 - Take Quality reps being mindful of what we are working on and why we are working on it.
 - Create good habits
- **Ask questions**
- **Speak to each other in positive tones**
 - Force contact vs Don't lose him
- **Never show up an umpire**
 - Umpire gift bags before each game/ look through the lense of gratitude
- **Stay calm through adversity. It is not about what happens to us. Instead, it is about how we respond to it together as one**
- **Pay attention to the details and hold each other accountable with love and respect**
- **Set a vibe of quiet confidence through the preparation that we will put in as a team and individually**

What do we want to accomplish this Fall



- **Get to know the boys (and their families) and make sure they know we love and care about them**
 - Build relationships with the boys and each other
 - Lay the foundation for a program rooted in love and respect
 - Garden Soil (building a culture that promotes fearlessness, resiliency, confidence, empathy)
 - Losing kids at the dinner table (We are parents too, learn your coach's currency, be ready when your time presents itself)
 - **What is my currency as a Coach?** Hardworking, great teammate, resilient, fundamentally sound, high baseball IQ, athletic, fearless, respectful, ability to dominate the 4 pillars of success, control the controllables
 - Meritocracy
- **Improve our speed and power**
 - Raise our athletic ceiling
 - Show the ability to do hard things and recover rapidly
- **Improve our knowledge of the game**
 - Positional Responsibilities binders
- **Focus on fundamentals and creating good habits**
- **Focus on beating the game and the 4 pillars of success:**
 - Throw strikes
 - Put the ball in play
 - Play catch on defense
 - Run the bases smart
- **Quality reps vs Quantity reps**
- **Reach out to schools for our athletes that have a desire to play at the next level and make sure that there is an opportunity for our athletes to be seen**



What kind of environment can the boys expect at practice

- **We will have a fun and competitive environment at practice where we will work hard, be fearless and get better everyday!**
 - Confidence through preparation
 - It takes what it takes (Nick Saban)
 - Who wants to be great? Authority to hold you accountable (remembering love when it is tough)
- **Stations based practice plans designed to minimize standing around**
- **Flat grounds will be thrown at the end of catch play everyday**
 - Bullpens will be once a week
- **Speed and Power (secret sauce)**
- **Quality swings vs Quantity swings**
- **Team concepts**
 - PFP
 - Triangle drill
 - Picks
 - Bunt Defense
 - 1st and 3rd Offense & Defense
 - Cuts and Relays
 - Game situations

How do we handle adversity on and off the field



On the field...

- **Welcome adversity knowing that it is the driving force for growth when handled properly**
 - Winning and learning
 - Comforter and Chief on gameday
 - Praise loudly, Constructively Coach quietly
 - Take notes and build practice plans around them
 - Field Prep and post game meals
 - Break bread as a family/ make lasting memories
 - Thoughtful review the next day at practice
- **Speak in positive tones encouraging and inspiring a positive RESPONSE by the individual and the team**
- **Greatness lives in the moment. Mistakes of the past and fears of the future distract us from the success that awaits us in the moment!**
 - Stay in the moment
 - Win the moment
 - Respond



How do we handle adversity on and off the field

Off the field...

- Be available and sympathetic to the stressors the boys will go through during this time in their lives
- Be mindful and patient in our response and think before we speak. Always remember that we were young once too and we all made foolish decisions in our youth
- Choices have consequences. With that said, we will support and help the boys and their families through difficulties that may arise to the best of our abilities



Fall Schedule (tentative)

- Do our best to honor the schedule that has already been set
- Practice Tuesday and Thursday from 4:30pm-7:00pm and most Saturday's from 8:00am -11:00am
- Weight room
- Nutrition
- Speed and Power
- Opportunities to work outside of practice
- Overseeding for 6 weeks

We are so excited to serve this IRHS Baseball community...Go Nighthawks!



- Lead by serving
 - Love throughout the process
 - Communicate always
 - Trust and understand each other
 - Hear each other's voices
- All pull on the same side of the rope
 - Questions??

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