



# THE NATIONAL SCHOOL OF BASEBALL AND SOFTBALL NEWSLETTER

MARCH 2017

## February Student of the Month



### STUDENT OF THE MONTH



For the first time ever, an entire team will receive the Student of the Month honor: The Plainfield Raiders 14U Team. The team included the following players: Ryan D, Ryan K, Ryan P, Bobby, Brendan, Zac, Grant, Kyle, Caleb, Carson, Sterling and Brandon.

Coach Pete was named the Pitching Coach for the Plainfield Raiders 14U Team back in December of 2016. Since mid-January he has been working with this special group of young men on a weekly basis.

Check out the latest  
Quick Tip  
from Coach Pete:

**“Don’t be Afraid to  
Ask Why.”**

<http://www.nationalschoolofbaseball.com/quick-tip/>

## Advertise with the NSOB&S

We are seeking small businesses who would like to engage in sponsorship or advertising opportunities with the NSOB&S.

Contact us for information about getting your name on our merchandise.

# Softball is BIGGER & BETTER than Ever



Join us in welcoming the NSOB&S's  
new Head Softball Instructor:

**SARAH BURKE**

With 12 years of playing experience and four years of coaching experience, Coach Sarah is ready to assist young softball players in pitching, hitting, fielding, and catching.

**“The will to win is important, but the will to prepare is vital.” - Joe Paterno**

**Click the link below to sign up for lessons today!**

**<http://www.nationalschoolofbaseball.com/pricing/>**

## **Coach Pete's Pointers**



As hard as it is to believe, many seasons are starting this week! Almost all travel teams and most in-house leagues will be starting the first week in April. I always get concerned with playing in cold weather, especially when it comes to pitchers. More than ever it is critical that pitchers find a way to get “heated” not just warmed up. Heated means you are breaking a sweat, but not tired. Be sure to do all of your warm-up exercises before you pick up a ball. There is nothing more dangerous to a pitching arm than picking up a ball in cold weather and just start throwing. Remember, warm up to throw. DO NOT throw to warm-up!

Dress warm! When in the dugout wear a jacket at all times even if you are sweating. You need to keep the heat in your body and arm.

For you relief pitchers, warm up before the game as if you are going to pitch. Keep as warm as possible especially if you are not playing in the field. Jog, do exercises, throw lightly....whatever it takes. You only get 5 to 6 warm-up pitches so you need to be ready!

# What's Next? Upcoming Clinics

The NSOB&S is currently organizing two clinics for our students.

1  
Hitting for our young  
baseball and softball  
players:  
Ages 5 - 10

2  
Softball pitching for  
beginners, regardless  
of age

If you are interested in either of these clinics, please drop us a note through our web site. We are hoping to conduct these in April.

Do NOT stop training once your season starts! Your goal should be to continue improving throughout the season. The best way to do this is to continue training, doing your drills and adding up your "perfect reps"

Lots of exciting news to come within the next few months! Stay tuned!

## **Message to our Students:**

We wish you all the best of  
luck as you begin your  
seasons this week!  
Please take videos and send  
them to Coach Pete!

