

# THE NATIONAL SCHOOL OF BASEBALL AND SOFTBALL

## NEWSLETTER



NATIONAL SCHOOL OF BASEBALL & SOFTBALL



# NOVEMBER 2017

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## November Theme of the Month

THEME OF THE MONTH  
NOVEMBER 2017: DRILLS FOR SKILLS

TRAIN  
INSANE.  
OR STAY  
THE SAME.

Check out this and previous months' themes on our website at:

<http://www.nationalschoolofbaseball.com/theme-of-the-month/>

## November Students of the Month

### JEREMIAH SMITH AND NATHAN ROKOSZ

These two young men have been in our Pitching Velocity Program for nine weeks (one more to go). Their increase in velocity along with improvements in their mechanics have been astonishing. They come in twice a week and are put through 90 minutes of hard physical training specifically designed to build strength in pitchers in all the right places - making them what we call "pitcher strong." After that, they take a short break, then pitch only 25 pitches, holding their mechanics together while exhausted. As a result, at this point both have increased their velocity by 5-6 mph. As a tribute to their hard work, dedication and belief in the process we are very proud to honor them with our Student of the Month Award!



## Perfect Hitting Camp

# SUCCESS!

Our first PERFECT HITTING CAMP has been a resounding success. We had so many students we had to add groups and unfortunately had to turn some away. To watch the transformation of 25 young students into the type of hitters they always wanted to be is amazing. You just can't beat science! Stay tuned for PERFECT HITTING CAMP 2, during the winter school break.



# Team Venom Update

Illinois Venom, our new 16U Girls Softball Team is hard at work getting ready to start their winter training session. Having the choice of taking some time off for a month before starting training, they unanimously voted to keep going! This shows their dedication and commitment to keep getting in their reps to get better. The team is now led by Head Coach Haley Ambrosch, Assistant Coach Cameron Wicker and Head Softball Instructor Sarah Burke. Each of these young ladies was hand-picked because of their ability to TEACH the game, not just coach. This is how our players get so much better. They are always learning, not just doing reps for the sake of doing them.



Winter training starts Wednesday, December 6th and is twice a week for 10 weeks. This is 20 sessions of: skills training, mental preparation, game situations, physical training & nutrition program. We are excited to get started. We still need a few more players to round out the roster. We hold tryouts every Wednesday. If you are interested in playing for an organization that focuses on "skills improvement" first, then we are the team for you. Contact [coachpete@nationalschoolofbaseball.com](mailto:coachpete@nationalschoolofbaseball.com) or call 630-6997031

## Coach Pete's Corner:



The very foundation of our success and growth for over three years has been and always will be expert/elite training in baseball & softball skills, both physically and mentally.

The way we have gone about that, I think, is unique. We take great pride in our backgrounds, education and passion for the game and God-given ability to teach. To teach in a manner that is effective, inspiring and fun. To teach in a manner that all students, regardless of age, will walk away knowing they have the tools to become the best player they can possibly be.

How we go about that is with: continuous positive reinforcement, patience, calmness, educating, demonstrating and motivating. Hence our motto: Educate, Demonstrate, Motivate, Create. We never tell a student or player to just do something. We explain in detail why and we demonstrate.

What we do not do to either our students or team players is punish anyone with physical activity if they make a mistake or are not learning at a fast-enough pace. We do not yell. We do not raise our voices. We never demean, degrade, insult, name call or anything like that to anyone.

As the leader of this organization, any instructor or coach who demonstrates this type of behavior will be terminated immediately. For the NSOBS, that type of teaching or coaching is so unacceptable, it carries a zero-tolerance policy.

Personally, I have witnessed this type of instruction and coaching far too many times. In my opinion it is bullying. If bullying is not allowed in schools, it should not be allowed in sports instruction. It's just that simple. No player wants to walk about from a lesson or practice feeling horrible about themselves, regardless of how they performed. We want and get SMILES!!

I can say with great confidence that our approach works. Our growth is proof of that. We do not need or seek trophies and awards. Our trophies are on our web site. Read our Raves & Reviews, which include: feedback, testimonials and game reports. (<http://www.nationalschoolofbaseball.com/raves-and-reviews/>)

If this is the type of atmosphere you want your young player to learn in and play in, then give us a call. We love new students. And our 16U Girls softball team still needs a few players to fill out the roster.

Wishing everyone a very Happy and Safe Thanksgiving! Hope to see you all soon!

# Extra! Extra! Read all about it!

## NEWS FROM NSOBS

For the third consecutive year, Coach Pete Cimino will be one of the pitching Coaches for the Pirates of Chicago Travel Organization. He will be working with the 10U through 13U Teams.



For the second year in a row, Coach Pete will be the Pitching & Hitting Instructor for Elmhurst Extreme 10U Travel Team.

For the second year in a row, Coach Pete has been asked to be SWING Baseball & Softball's in-house Pitching Instructor.



Finally, we are very honored and privileged to announce a partnership with the Plainfield Athletic Club's Softball and Baseball Organization. We will be working with their coaches for both softball & baseball. Coach Sarah Burke will be taking the lead with instructional work for all PAC Softball clinics and camps. She will also be conducting team practices and lessons for several of their part time travel teams. We hope this will be a long, fruitful, fun partnership.

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## OPTIMUM PITCHING CAMP

**Optimum Safety**

**Optimum Accuracy**

**Optimum Velocity**

Led by Coach Pete Cimino (Founder/President/Head Instructor) of the NSoBS. Over 350 students taught / 12 Top Prospects on College Recruiter Boards / 1 Student with a full-ride scholarship

**5 Saturdays / 90 mins per group / groups based on age & ability**  
**January 3rd - February 3rd**  
**12:00pm / 1:30pm / 3:00pm**  
**\$139 (Less than \$28 per lesson)**

Email [coachpete@nationalschoolofbaseball.com](mailto:coachpete@nationalschoolofbaseball.com) or call 630-699-7031  
 23810 W. Industrial Drive N. Plainfield, IL

