



Baseball

2018-2019 Incoming Athlete Information

Welcome to Valor Baseball! We can't wait to get you involved in our program, and hope you are excited about becoming a Valor Eagle! Beginning soon, we will have several opportunities for you to connect with our team and coaches. Below you will find some helpful information as you look to get plugged into the baseball program.

- **April 1st – Incoming Athlete Information Night (Meet the Coaches) 6:00pm – 8:00pm**
 - We will meet in the Auditorium of the Valor Center
 - This is a chance for incoming freshmen and transfers to meet the coaches.
 - Arrive at 6:00 for light refreshments and fellowship.
 - Program begins promptly at 6:30pm with introductions, and seasonal breakout sessions to follow.

Summer is a time for you to get strong and fit. We highly encourage you to get involved with the Performance program and a fall sport.

Summer Performance Training (begins Monday, June 4)

Incoming Freshmen Athletes, Monday - Thursday from 8:00 a.m. – 9:45 a.m.

What is Performance? This is a foundational program that works with ALL athletes/sports in the areas of Strength & Conditioning as well as Speed & Agility. Each incoming athlete will first complete a four-week phase of technique, body weight training, and nutrition guidance to ensure proper safety and full integration to Performance training. Our full-time Director of Performance guides each athlete through their sport-specific programs to address the needs of the team and each individual. Participation in Performance is the key to your long-term athletic success! Make this priority #1.

Athletic “Dead Week” is July 1 – 8

This is a week OFF that we schedule each summer around the 4th of July. There will be NO athletic teams/programs/performance at all during this time. This is a great week to schedule family vacations!

Summer Skill Sessions

Join us for skill sessions after Performance on the baseball field!

Weekly, Tuesday and Thursday, 10:00-11:30 am (starting Thursday 13th)

*Returning Players will be in the Dominican Jan 3rd through the 10th

Tuesdays- Defensive Skill Sessions

Thursday- Hitting Skills and Baserunning Concepts

We are excited for your journey of development in our baseball program. We look forward to developing your skill, your confidence, and, ultimately, your faith in your time in our program. We know that winning will come as a byproduct of developing our players in skill, confidence, and faith, and look forward to the legacy your child will leave in our program. In addition, we look forward to all players and parents being a part of a special community set apart here at Valor.

Valor Athletic Department Core Values

Strengthen our Athletes' Faith in Jesus Christ | Develop Christian Character | Great Work Habits | Primacy of Academics