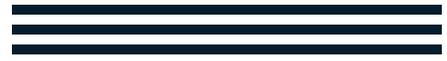




**CADETS  
BASEBALL**



## **PROGRAM UPDATE - 8/29/22**

### **2023 KEY DATES**

January 8: Captains' Practice Begins (Time TBD - Likely Sunday mornings weekly)

Dome at Concordia University - Saint Paul

March 13-17: Spring Break

March 13-17: Arm Care/Conditioning Week

March 20: Tryouts begin

April 10: Conference games begin

### **2023 CAPTAINS**

Gavin Engelbert '23 | IF | gavinengelbert23@cadets.com

Bennett Kotok '23 | C | bennettkotok23@cadets.com

Mike Miller '23 | P/C | michaelmiller23@cadets.com

Asa Rapp '23 | IF | asarapp23@cadets.com

*\*\*\*All athletes are welcomed and encouraged to approach our captains, or any of our other seniors, with any questions about our program and culture.*

### **WINTER CAPTAINS' PRACTICE**

Our captains will once again hold weekly captains' practice each Sunday morning at the Concordia University - Saint Paul dome, beginning January 8 and running through mid-March. These practices are open to all high-school aged athletes and are not mandatory. There is an additional cost to participate in these practices. More information TBA later this year.

### **2023 SPRING BREAK POLICY**

In 2023, Spring Break falls on the same week as the Arm Care/Conditioning week (March 13-17). The extra five days of practice are for conditioning arms and for overall physical conditioning, and will be conducted using only baseballs, gloves, and catcher's equipment.

All athletes are expected to attend practices this week if they are in town. However, we understand families may be out-of-town this week. Athletes must inform the coaching staff if they will miss any Arm Care/Conditioning practices. Keep in mind that the athletes that do attend these practices will have the advantage of being seen by coaches and working with their teammates. Tryout evaluations officially begin on Monday, March 20.

**SAINT THOMAS ACADEMY BASEBALL**



## **2023 SUMMER PROGRAM**

Our summer baseball program is a key component of our overall development plan for our athletes. Next year's summer program will look very similar to our 2022 program. Our program runs from late-May through mid-July and includes the following teams:

**9th Grade:** 15AAA & 15AA team (if enough interest); participate in MBL; 14-16 games + 1-2 tournaments + playoffs

**10th Grade:** 16U/VFW team; Compete vs Metro East & Suburban East teams; 14-18 games + 1-2 tournaments + playoffs

**11-12th Grade:** West Saint Paul Challenger Legion combined with Two Rivers H.S.; 18-20 games + 2-3 tournaments + playoffs (more info at [wsplegionbaseball.org](http://wsplegionbaseball.org))

*Our program also includes:*

- Weekly Monday night program-wide practices led by STA coaching staff
- Additional small-group training (position or skill-specific)

**All STA athletes are highly encouraged to participate for an STA summer team.**

Athletes that participate in our program have the advantage of working with our varsity coaches, competing with their classmates, continuing their personal & athletic development, and representing their school. Our 15-16U teams are coached by our school ball coaches and/or program alumni.

Our 15-16U teams will be announced in mid-April and determined based off spring/school team tryouts. In most cases, athletes must be fully committed to their STA team and will not be able to participate on another baseball team at the same time (i.e. club or travel team).

More information TBA in early Spring.



**SAINT THOMAS ACADEMY BASEBALL**

