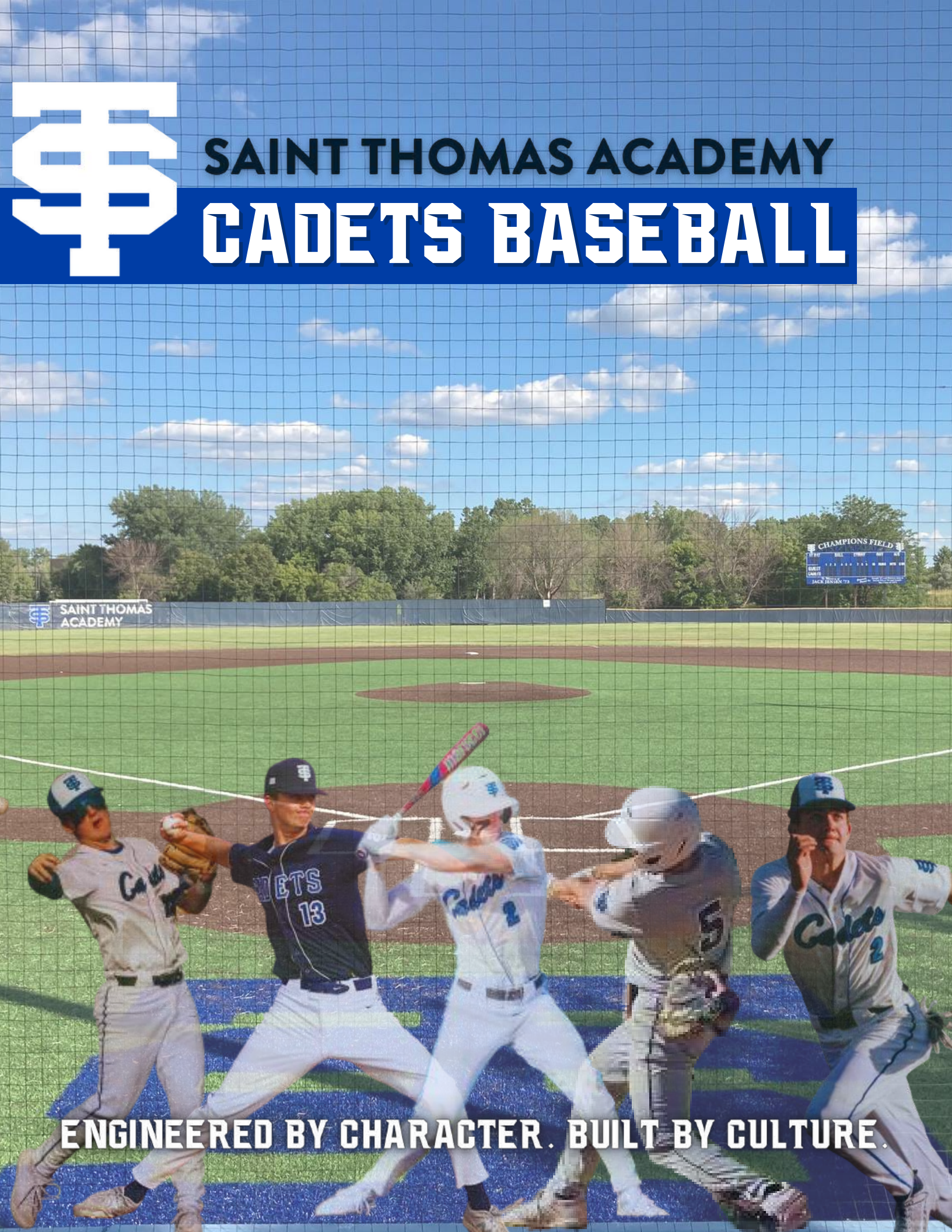
SAINT THOMAS ACADEMY

CADETS BASEBALL



ENGINEERED BY CHARACTER. BUILT BY CULTURE.

ABOUT OUR PROGRAM

MISSION STATEMENT

Cadets Baseball is committed to providing a dynamic culture that provides our athletes an opportunity to become the best versions of themselves as baseball players, citizens/students, and “men of character”.



PROGRAM STANDARDS

HAVE PRIDE

SHOW RESPECT

TEAM-FIRST

BE GREAT

VARSITY COACHING STAFF



BOBBY THOMPSON ‘14
Head Coach
First year: 2022
bthompson@cadets.com



JON ENGESWICK
Pitching Coach
First year: 2007



BRIAN MEYERS
Hitting & Catching Coach
First year: 2019



SCOTT APPLEBAUM
Outfield & Bench Coach
First year: 2019

ABOUT OUR PROGRAM

OUR CULTURE: The People & The Process

We believe the success of our program is dependent on our ability to trust and love our People and our Process. We strive to create environments and systems that can be considered: *high energy, motivating, competitive, fun, family-like,* and *desired*. We understand that building a strong, positive, and effective culture is a long-term process that requires commitment and dedication from all those involved, including athletes, parents, and coaches.

RECENT CHAMPIONSHIPS

CONFERENCE CHAMPIONS

1983, 2010, 2023

SECTION CHAMPIONS

'17, '19, '21, '22, '23, '24

STATE CHAMPIONS

2019

ATHLETES IN COLLEGE

In the last 10 years, over 25 athletes from our program have gone on to play college baseball at places such as Univ of Minnesota, Univ of St Thomas, Georgetown, Tennesse Tech, St John's, Gustavus, and many more!

OUR FACILITIES



We are fortunate to boast some of the top high school baseball facilities in the area. Recent updates include new Varsity infield turf in 2020, JV field remodel in 2022, and new batting cages dedicated to the late Bennett Kotok '23 that will be complete in 2024.



SPRING PROGRAM

All students in grades 6-12 are welcome to try out for the Cadets Baseball program.

Middle School teams participate in the Catholic Athletic Association. Upper School teams participate in the Minnesota State High School League.



TEAMS OFFERED

VARSITY
JUNIOR VARSITY
B-SQUAD
FRESHMEN A/B
MIDDLE SCHOOL (2-3 teams)

Middle School teams have practices and games approximately 2-3 times per week.
Upper School teams typically practice or play every day Monday through Saturday.

SPRING SEASON TIMELINE

Mid-March: 9-12th Grade Tryouts & Practices Begin
Early April: 9-12th Grade Games Begin
Early April: Middle School Season Begins
Mid to late-May: 9th Grade, B-Squad, & JV Seasons End
Late May: Middle School Season Ends
Late May to Mid-June: Varsity Section & State Tournaments

SUMMER PROGRAM

Cadets Baseball offers summer baseball teams for current 9-12th graders. Each team has 2-3 games per week, in addition to 1-2 practices. Teams are typically formed after spring tryouts.





TEAMS OFFERED

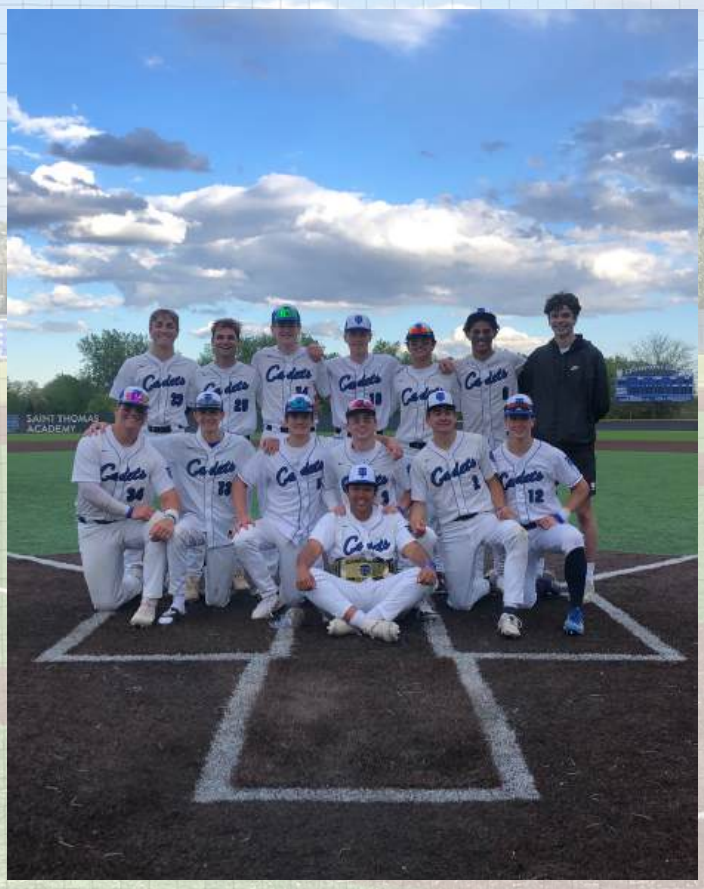
15U (1 or 2 teams)
16U/VFW
LEGION (17-18U)

FAQ: Should my athlete participate on a STA summer baseball team or a club baseball team?

This depends on what the athlete is looking for. Club teams typically offer more game and training opportunities, plus travel around the Midwest for tournaments, but costs significantly more.
STA summer teams play locally and typically costs $400-500/athlete per summer. All STA teams are coached by spring ball coaches or recent alumni of the program.
In some cases, athletes may be able to participate on a club team and a STA team in the same summer, depending on the number of athletes. Contact Coach Thompson for more details.

OFF-SEASON/WINTER

Per MSHSL rules, high school coaches are unable to work with the athletes after August 1. However, our program offers plenty of off-season training opportunities to prepare the athletes for next spring.



OFF-SEASON TRAINING

STRENGTH TRAINING

All athletes are encouraged to connect with STA Strength & Conditioning Coach, Steve Rosga, to set up a lifting plan for the off-season and in-season.

CAPTAINS' PRACTICES

Captains' practices begin in January and are typically held once per week at Concordia Dome in Saint Paul. There is an additional cost to participate.

CLUB TRAINING

Many baseball clubs and academies in the area offer great training and lesson options in the winter. Many athletes in our program train at MASH, Great Lakes, MacStrength, and many other clubs.

Connect with us!

bthompson@cadets.com

sta_baseball_mn

@STAbaseballMN