

# AMS BASEBALL ACADEMY



## Course Outline 2010 Mr. McClain

### Course Objectives

The Baseball Academy aims to provide students with attitudes, knowledge and skills that are mandatory to improve learning and enhance performance. All students will have success while believing in themselves and striving for their own personal excellence. This program creates a positive skills based environment that links sport with education.

### General Learner Outcomes

- Be knowledgeable about sport skill development through proper training techniques associated with baseball.
- Objectively assess their fitness strengths and weaknesses, establish performance goals and evaluate the success of associated training programs.
- Enhance their personal development through sport, through leadership, volunteering, and work experience.

### Components of the Program

The Baseball Academy is broken up into three parts. All of which allows students to work on their hitting, in fielding, out fielding, catching, pitching, bunting, strength and conditioning, hand-eye co-ordination, base running, mental discipline, and nutrition.

- A. On-field Skills Development
- B. Off-field Skills Development
- C. Theory and Classroom Instruction

## **Parent and Student Timetable**

Class will take place during the regular AMS schedule. This means students will be dismissed at 2:40 and will be able to take the bus home at that time or be picked up at 2:40 when all AMS students are dismissed. However, until the weather permits us to go outside and perform our academy at the school, we will be accessing the Field House located at the Cypress Center in the Crestwood area.

## **Student Evaluation**

All skills and exercises will be evaluated on the following unless otherwise stipulated.

**Written 10%**

**Attitude and Effort 45 %**

**Participation 45 %**

## **Appeal Procedures**

Students/parents may appeal an evaluation. An appeal should first be discussed with the teacher. A further appeal may be made to the department head, and finally the principal.

All students are to adhere to the code of conduct for AMS.