

**BY: DAVID REXROAT**

# **SMALL THINGS THAT ADD UP**

An aerial photograph of Lake Cumberland, showing a winding road along the shoreline surrounded by dense forest with autumn foliage. The text "WHERE I AM FROM" is overlaid in large white letters.

# WHERE I AM FROM

**LAKE CUMBERLAND (JAMESTOWN, KY)**





# LAKE CUMBERLAND





## Lake Cumberland



US Army Corps  
of Engineers  
Nashville District



To Cumberland



# LAKE CUMBERLAND SHORELINE

- **1,255 MILES**
- **65,530 ACRES OF LAND**
- **CAN COVER ALL OF OUR STATE  
WITH 3 INCHES OF WATER**



# **KHSAA STATE TOURNAMENT**

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**All public, and private schools play together**

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**District tournament 4/5 teams**

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**8 teams in region tournament**

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**The KHSAA State Tournament is compiled of 16 Regional Winners**

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# **BUILDING A PROGRAM NOT A TEAM**

- **RC YOUTH LEAGUE 3-15 AGE GROUPS**
- **11-12U STATE CHAMPS LAST YEAR (CAL RIPKEN)**
- **10U STATE CHAMPS THIS YEAR HAPPENED LAST WEEK**
- **PLAYERS ON LAST YEAR'S STATE RUNNER UPS MADE BABE RUTH WORLD SERIES 15U IN BISMARCK, NORTH DAKOTA 2019**
- **HIGH SCHOOL COACH HAS ALWAYS BEEN YOUTH LEAGUE PRESIDENT**
- **COMMUNITY HAS ALWAYS SUPPORTED YOUTH LEAGUE PROGRAMS**





# COMPOUND INTEREST

CONCENTRATION, COMPOSURE, RHYTHM, BREATHING, RELAXING, AND MANY MORE YOU COULD USE



# WHAT SMALL THINGS ADD UP TO BE A TEAM

- **COMMUNICATION**
- **FOCUS**
- **CONCENTRATION**
- **COMPOSURE**
- **RHYTHM**
- **RELAXING**
- **BREATHING**





# **HITTING VIDEO WITH RHYTHM BREATHING RELAXING AND VISUALIZATION**





# FOCUS VIDEO







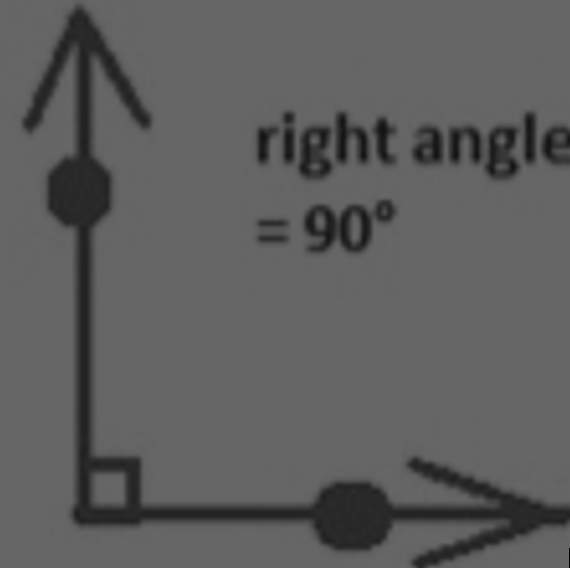
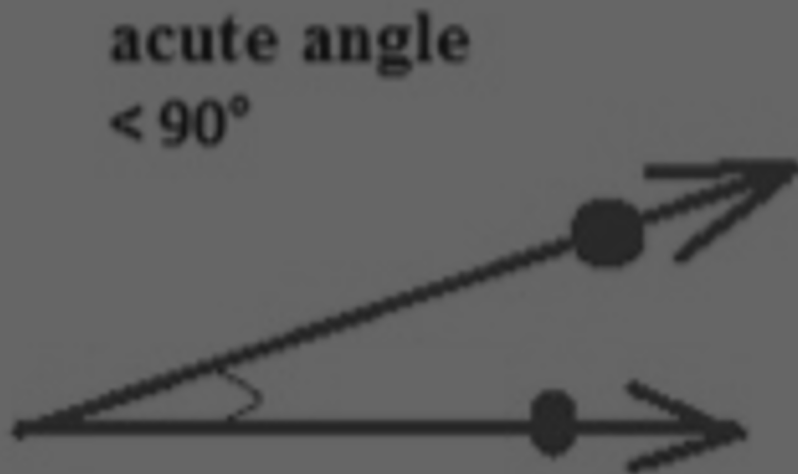
# **7 INNINGS FORMAT/TOPICS**

- **SINCE THERE ARE 7 INNINGS IN A BASEBALL GAME, I THOUGHT I WOULD APPROACH THIS POWERPOINT FROM A GAME PERSPECTIVE**
- **EACH INNING WILL HAVE A DIFFERENT TOPIC**

# ANGLES, IT'S ALL ABOUT THE ANGLES



THERE ARE MANY DIFFERENT ANGLES, AND IT IS HARD TO COVER THEM ALL  
ESPECIALLY IF YOU GET DOWN TO THE MATHEMATICAL PART OF IT







# **INNING NUMBER 1**

## **“PREPARATION”**

- **PREPARATION IS SOMETHING YOU DO IN ALL SPORTS, BUT DEFINITELY IN BASEBALL**
- **YOU HAVE TO GET GAMEPLANS FOR CERTAIN THINGS LIKE PITCH COUNTS, WHO IS HURT, WHO YOU PLAY, WHERE YOU PLAY, AND VARIOUS OTHER THINGS**
- **WITHOUT PREPARATION, YOU COULD EASILY GO 0-5 FOR THE WEEK SIMPLY FOR THIS REASON ALONE EVEN IF YOU HAVE GREAT PLAYERS**

## **INNING NUMBER 2 “MENTAL PART OF THE GAME”**

- **YOU CAN EASILY MAKE MORE THAN ONE MISTAKE IF YOU LET THE FIRST ONE FLUSTER YOU**
- **DID YOU PREPARE BEFORE THE GAME THE RIGHT WAY? WARMUPS, STRETCHING, THINGS OF THAT NATURE**
- **NORMALLY, THE TEAM WITH THE LEAST MISTAKES WIN THE GAME**
- **ALWAYS REMEMBER TO FLUSH THE MISTAKES YOU HAVE DURING THE GAME**





# FLUSH VIDEO



# INNING NUMBER 3 “HITTING PART OF THE GAME”

- **IT IS IMPORTANT TO “GROW THE PUMPKIN”**
- **THERE ARE DIFFERENT ZONES OF HITTING**
- **THIS PREPARES YOU FOR THE GRUMPY UMPIRE**
- **THE SMALL PUMPKIN IS A COLD HITTER WHICH IS NOT SEEING THE BALL WELL**
- **THE BIG PUMPKIN IS A HITTER WHO IS REALLY HOT, AND THE BASEBALL LOOKS BIGGER TO THEM SINCE THEY ARE HITTING BETTER**





**THERE IS A BIG  
DIFFERENCE  
BETWEEN A BIG  
PUMPKIN AND A  
LITTLE PUMPKIN**



# **INNING NUMBER 4 “HITTING TO LEFT OR RIGHT FIELD”**

**3 Low, 6 middle, 9 outside**

**Hitting to left or right field when either a lefty or a righty is up**

**Just use right field to win games**

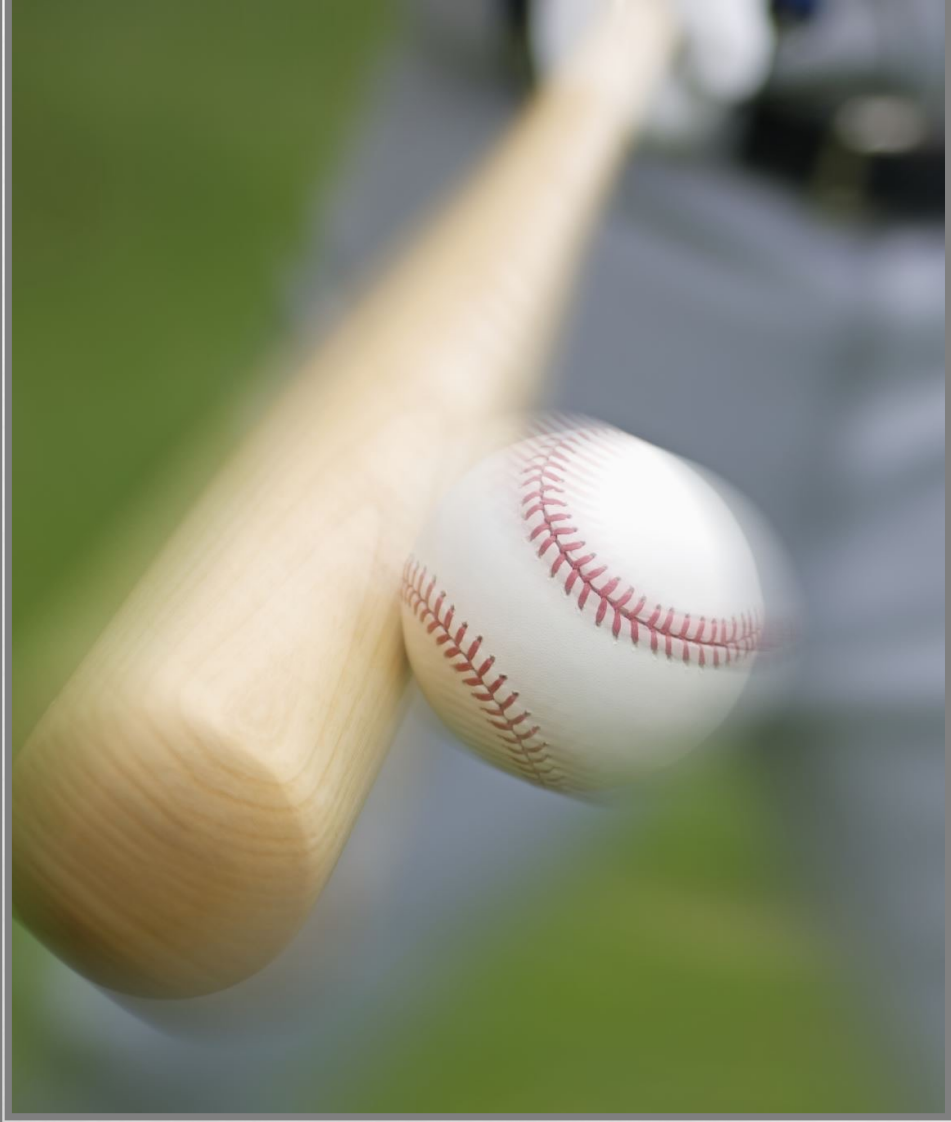
**On the next slide, you will see a for sale sign as no one was using right field for a few games**



# RIGHT FIELD FOR SALE SIGN







# **INNING 5 PAYING ATTENTION TO SIGNS**

- **STUDY THE GAME**
- **STUDY THE SIGNS**
- **PLAYERS NEED TO KNOW ALL THE SIGNS (NO EXCUSES)**



# SIGN VIDEO





# COMMUNICATION ON 3







## **INNING NUMBER 6: 2 STRIKE APPROACH**

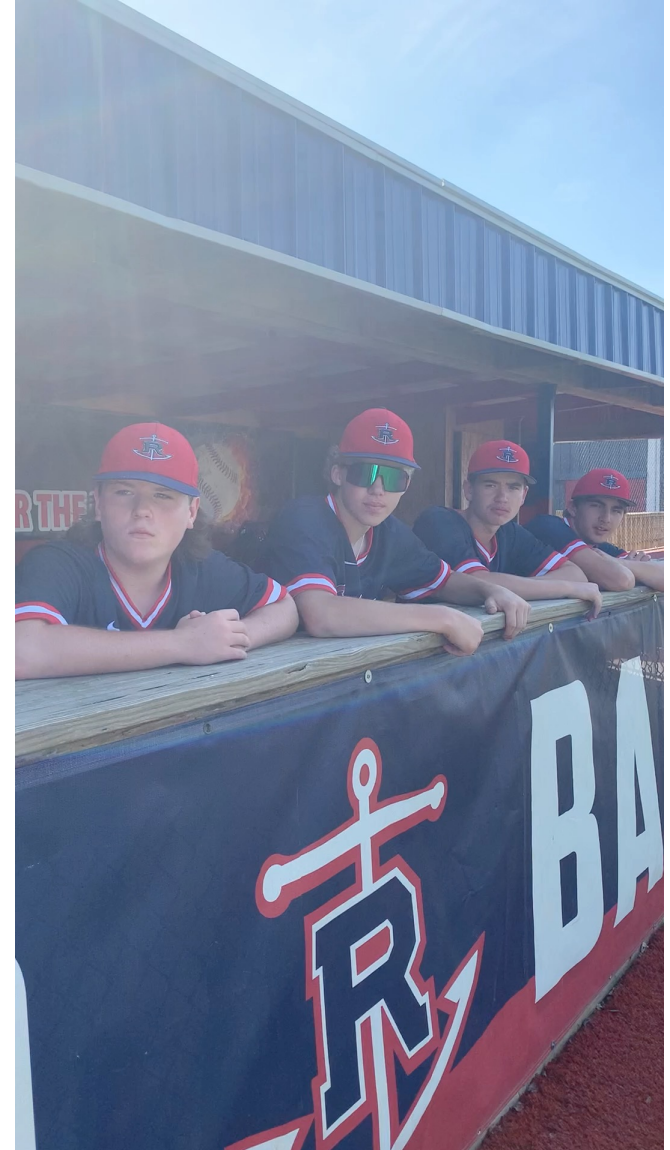
**WE CALL IT EXTEND THE 2**

**NUMBER 3 IN THIS SITUATION IS THE BAD WORD**

**SAY 2.2,2.8 NOT 3**

**THIS IS DEPENDING ON HOW LONG THE AT BAT GOES**

**2.2, 2.6, 2.7 ,  
2.8 AND SO ON**





# **INNING NUMBER 7: COMBINATION OF EVERYTHING**

- **HAVE YOU COVERED THE ANGLES AND FINISHED STRONG?**
- **HAS THE PROCESS ALLOWED YOU TO COMPILE COMPOUND INTEREST**
- **LET'S PLAY FOR THAT TIGHT GAME**



# STATE TOURNEY VIDEO NEXT SLIDE

**01**

**Alex Reynolds Slide at  
home vs Madison  
Central**

**02**

**Evan Hammond Bunt  
vs Beechwood**

**03**

**Nathan Lawson walk-  
off homerun vs  
Woodford county in  
the state Semifinal  
game**





# ALEX REYNOLDS SLIDE





# EVAN HAMMOND BUNT







# NATHAN LAWSON HOMERUN

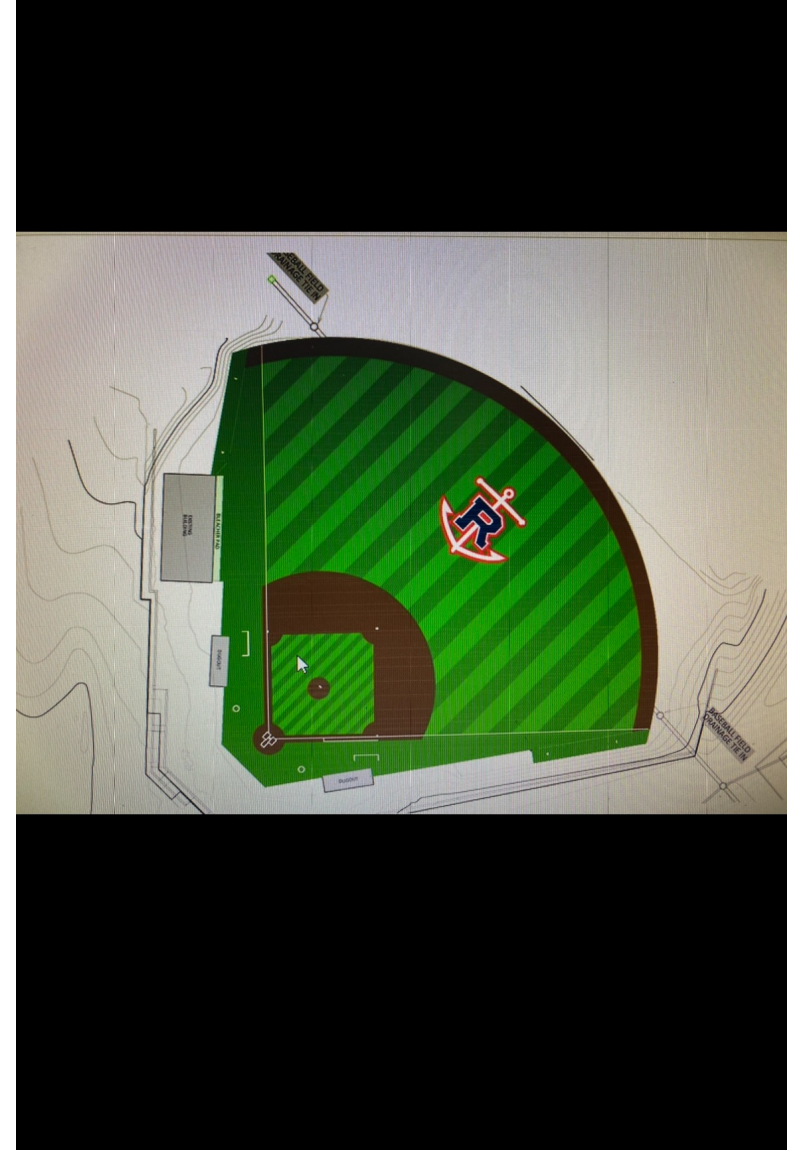


# 67 WINNING SEASONS

- **67 WINNING SEASONS IN 68 YEARS OF OUR PROGRAM**
- **FINALLY GETTING OUR OWN TURF BASEBALL FIELD COMING NEXT YEAR**
- **AS A COACH YOU HOPE THAT YOU HAVE DONE SOMETHING IN BASEBALL THAT WILL HELP THEM THE REST OF THEIR LIFE**
- **ASSISTANT COACHES HAVE BEEN A HUGE HELP OVER THE YEARS**



**NEW TURF  
FIELD  
COMING  
SPRING 2024**







# **COMMUNITY SUPPORT AT STATE TITLE GAME**

**QUESTION AND ANSWER SECTION**