



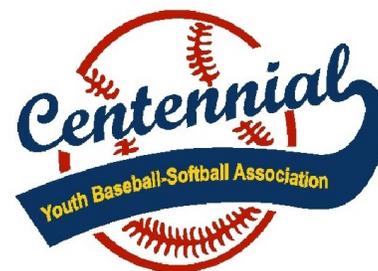
CYBSA NEWS



CENTENNIAL YOUTH BASEBALL-SOFTBALL ASSOCIATION

ON-LINE REGISTRATION

Registration for the 2013 season is underway with several rosters already at capacity and many others filling quickly. Don't let your roster spot slip away while rosters are now being filled on a **first come, first served** basis.



CYBSA is filling 1200 roster spots on teams ranging from four year old T-ball to 15 year old baseball and girls softball ages seven thru sixteen.

Please visit the CYBSA website www.centennialbaseball.com and click on the **Red** "CLICK HERE TO LOG-IN OR REGISTER!" button and log into your account. Registration is fast and easy with electronic payment options. Registration fees are non-refundable.

MARCH 2013

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RECEIVE TEXT ALERTS FROM CYBSA

When registering, do not forget to check the "Receive Text Alert" option to receive text notifications regarding schedule changes.

Official notice of game cancellations, reschedules, field changes, etc. can be sent to your mobile phone in the form of a text message.

A copy of the notification is also sent to the email address provided on player's registration. Receive up to date information directly from CYBSA regarding changes instead of waiting for a phone call from the team phone tree. If interested in utilizing this notification tool, please check the box to

receive text messages on your registration form and using the drop down box select your cell phone carrier. It is recommended to utilize this tool to ensure you are not the one who drove all the way to the field only to find out the field is closed and practice or the game was cancelled.



CYBSA



CYBSA



VOLUNTEERS NEEDED!

The Lifeblood of CYBSA is our CYBSA website. Member at Large volunteers, without our volunteers, positions are always welcome.

our program cannot function. CYBSA is in need of volunteers for a variety of positions, including but not limited to: Manager (Head Coach), Assistant Coach, Team Parent, Scorekeeper, Board Member, Softball board members are needed

Opening Event and 2013 Minor 10 and Major 12 All-Star District Tournaments. If interested in joining our CYBSA family of volunteers send an email to CYBSA@msn.com, please indicate for which position or event you would like to volunteer.

Additional information on available Board positions can be found on the

CYBSA is always in need of quality coaches, please consider volunteering your time to the players and families of CYBSA.

to assist in the growth and direction of the girls fast-pitch softball program. CYBSA softball has increased from eight (8) teams in 2012 to (currently) 16 teams. If interested in becoming part of the CYBSA Board of Directors, please contact CYBSA League Manager: Randy Seifert at 720-249-7696 or email to cybsa@msn.com.

BECOME A CYBSA SPONSOR

Are you or your company interested in becoming a CYBSA Sponsor?

Sponsor support helps CYBSA by paying for uniforms for the players allowing funds to be re-allocated for equipment and/or field permit fee increases aiding our efforts in keeping registration fees below many of our neighboring leagues without sacrificing what makes us CYBSA.

For 2013 Sponsorships begin at \$250.00 . Each donation of \$250.00 includes but not limited to: Sponsor's name and/or logo on the back of one team's jerseys (if submitted by March

30) being proudly displayed both on and off the field. , Company logo and link on CYBSA website, logo/name included in newsletter publications, company included on flyer distributed to all CYBSA membership asking to patronize the listed sponsors places of business and say thank you for being a CYBSA Sponsor, and a thank you plaque will be provided for display in your place of business.

If interested in becoming a member of CYBSA family of sponsors, you can sign up during registration or from the sponsor page of the CYBSA website .



Our CYBSA family of sponsors is growing. Please see www.centennialbaseball.com for a list of our sponsors and let them know you're from CYBSA



We're on the web.
www.centennialbaseball.com



CYBSA will seek to implant in the youth of the community ideals of good sportsmanship, honesty, loyalty, courage and reverence, so they may be finer, stronger and happier youths who will grow to be good, clean, healthy adults.

CATCHER'S TARGET

By Ryan Sienko, Owner of Catch and Throw

Catchers are sometimes guilty of giving a target that doesn't help the pitcher out in any way. Pitchers trust us to call pitches, know hitters, give locations, and if we don't come through with that trust, we are not helping that pitcher, but hurting him. I can think of one instance when I gave a sign for a fastball middle inside to a right handed hitter. I gave the target and the pitcher pitched. The ball never reached my mitt and was a three run home run. I, like many other catchers, held the spot with my glove for a second after the ball was hit. The problem was when I saw my glove and realized where the pitch was; I saw that the pitcher hit the exact spot that I laid out for him. Perfect pitch if you were to look at the target and pitch location. Getting lazy with a target or giving the wrong target is just a bad as calling a wrong pitch.

When giving a target for the pitcher there are some things to think about:

- Hand Position in Glove

Fingers Up – Make Sure to keep the fingers up when giving the target. Some people want to have the thumb parallel to the ground when giving a target. This can cause the chance of jamming the thumb on the glove hand side by sliding the glove to the receiving position instead of turning the glove to receive the ball

- Least Amount of movement as possible – Try not to give away the target or the pitch by moving the body too much while setting up. The moves are slight, soft, and quiet. Hitters can hear and feel where you are going if you are loud and big with the movements

- Glove position in relation to body – Try to keep the target in the middle of the body. It makes the whole target look bigger to the pitcher because he can hard focus on the glove, but the catcher's body is right behind the glove. If there is nothing behind the target, it makes it look smaller and harder to hit.

- Bottom of the Strike Zone – Unless you are trying to elevate the pitch, try to keep the ball down. The standard deviation for a pitchers at 60' 6" or around 54' where they let the ball go is about 8" from the target on each side. So a 16" diameter. If you give a target that is above the knees or mid thigh and the pitcher misses 8" that will be almost to the belt or belt high. Not too many pitches reach the catcher at any age if the ball is belt high

- Glove Timing – Some pitchers will like the target early and some will like it late for their target. Make sure that the catcher knows what each pitcher's preference is.

- Body Placement on Plate – Know where the pitcher is capable of throwing the pitches. If he can hit the target with no problem, you are more apt to go to the thirds, or corners. If it is a pitcher who has great movement, but not always sure where the ball is going, set up in the middle of the plate and give the pitcher some margin of error on both sides of the target. Let the natural movement get the hitters out, not the exact location. This will help many pitchers who cannot throw tons of strikes. Let them be wild, but in the strike zone

The Creator's Touch

"Providing the personal attention you deserve"



DEVELOPING A "TEAM-FIRST" MENTALITY

The following is an excerpt from the ultimate guide to coaching youth baseball, [Winning Secrets](#), by Brian Gotta

HOW DID YOU DO?

I remember once when I saw a kid walking off the field after his game. I asked him, "How did you do?" He said, "I threw a one-hitter but they made a bunch of errors and let in some runs. I had a home run though." I guess he didn't realize I wasn't asking how he did personally, but how the team had done. Far too many kids don't have the team-first attitude. They'd rather go 3 for 3 and lose, than go 0 for 3 and win. This attitude usually starts at home and is not corrected by the coach.

I'm going to go out of my way, from the first moment our team all gets together, to explain our team-first philosophy. This means that anything we do is for the good of the team, not necessarily the good of the individual. I want kids to buy into the fact that when the season is over, even five years down the road, they won't remember a certain game where they made a great play or hit a home run, but they will remember winning a championship and celebrating on the field with their teammates. They must understand that if everyone is only looking out for themselves, thinking of themselves first and what's best for them as individuals, we won't be successful. But if they're all doing anything they can to make the team better, to help the team win, we'll be champions. Its a message I learned and preach in business: If we succeed as a group, we'll prosper as individuals.

PICK ME UP

I'm building a team that wants to win. And in order to win, they have to help each other out – pick each other up. Have you ever heard a ballplayer say, "Pick me up," after striking out or making an error? Where do you think that phrase came from? My guess is that it originated in the ultimate team setting – during battles in war. I'll paint the picture to my players about a platoon advancing under heavy fire. A wounded soldier falls and pleads, "Pick me up," to his fellow platoon-mate. He'll pick the injured man up and carry him to safety, not because it is what is best for him, (obviously stopping and then carrying a heavy man on his shoulders makes him more vulnerable), but because the only way an army platoon can be successful is if they all look out for each other. There's no way he's going to leave his brother behind.

So how does that relate to my baseball team? If a kid strikes out, I want his teammates to "pick him up." Saying things like, "Hey, good cuts up there," or "Good try," or "You'll get them next time," give a player much more confidence than the cold-shoulder or negative comments. If I can get kids to buy into the concept that they must put the welfare of the team ahead – way ahead – of their own personal welfare, we have a much better opportunity to be successful.

*Carmine Louardo's
Meat Market & Italian Deli*

Important Dates

- Mar 30-31 **CYBSA League Appreciation Weekend** Sports Authority Aurora Southlands Mall and Englewood locations
- Apr 1 **Registration Closes** 12:00 pm (Noon)
- Apr 6 Softball uniform fittings
- Apr 5-6 **CYBSA League Appreciation Weekend** Sports Authority Aurora Southlands Mall and Englewood locations
- May 4 Manager's **MANDATORY ATTENDANCE** meeting
- May 11 Team Mom meeting, every team must be represented
- May 11 **CYBSA "Shop Day" at Dick's Sporting goods South Aurora Store (Arapahoe & Parker)**
- May 13 Cal Ripken (4-12) practice begins, begin fundraiser.
- May 18 CYBSA Opening event / Picture Day at Village Greens Park
- May 28 Cal Ripken Games begin
- May 30 Fundraiser ends turn in orders and monies to **Team Mom**
Rockies ticket orders and monies due to **Team Mom**
- May 31 **Team Mom** turn in fundraiser and Rockies Ticket orders 5-7pm at Dove Valley Park
- June 7 **Team Mom** pick up fundraiser and Rockies Tickets 4:30-6:30pm at Dove Valley Park
- June 9 CYBSA Youth Day at the Rockies **Arrive by 12:00 pm to participate in the pre- game parade**
- June 10-11 Minor 9 and Minor 10 All-Star tryouts.
- June 12-13 Major 11 & 12 All-Star tryouts.
- July 1 End of Season tournament begins
- July 5-7 Minor 10, Major 12 District Tournaments **hosted** by CYBSA
- July 11 Minors and Majors Championship games
- July 13 Rookie Championship games.
- July 14 Equipment return 1 — 4 pm
- July 20 Equipment return 11 — 3 pm
- July 21 Equipment return 1 — 4 pm

Please visit the CYBSA website for more details.