

2023 CATCH PARENT GUIDE

FFAC

WE ARE
AMBASSADORS



SO CAL CATCH DEVELOPMENT TEAMS

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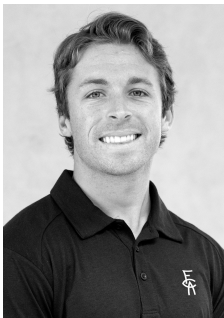


A Note from the Director of Youth Teams

I want to say thank you for choosing to be apart of the FCA So Cal Catch family. God has put you here to be a part of our program where baseball and ministry go hand in hand. I strive to create a culture in which these young men can grow in their relationships with Christ and be surrounded by coaches and teammates that care about them.

My goal is to ultimately turn our players into great young men in Christ. I want to develop them on the field to the best of their abilities but more importantly develop them to live a Christ-centered life. This is what it's all about, Jesus and baseball coming together. It just doesn't get better than this!

We're blessed to have you here and ready to have a great year!



Sebastian Dunn, Director of Youth Teams
Fellowship of Christian Athletes Baseball
Southern California Division
Cell: 706-975-7678 / sdunn@fca.org

A Note from the Ministry Director

When I was 9 years old I fell in love with the game of baseball. It was the first time I had participated on a team, my first time suiting up in an opening day uniform, and the first time I experienced the thrill of competition. Diving for a ball, connecting on a fast ball, running around the bases, I remember saying to myself, "I love this game!"

That year marked the beginning of my journey with baseball. From recreation baseball to playing professionally I got to experience the highest highs and the lowest lows and I never would have imagined how this game had the power to grip me. It had the potential to grip me in a good way through athletic competition, challenging me in disciplines, growing with teammates, but it also had the potential to rule in my heart above everything else.

FCA Baseball is where Jesus and Baseball collide. The purpose of the Catch youth teams is to provide a high quality training environment for athletes to grow and excel at the game, but more importantly it exists to provide an opportunity to pursue what it means to be an ambassador of Christ. It is my prayer that God would invade the hearts and minds of our athletes, coaches and all whom they influence. The Result: GOD GLORIFIED and LIVES CHANGED.

Thank you for choosing to develop your athlete through FCA Baseball!



Ben Orr, Ministry Director
Fellowship of Christian Athletes Baseball
Southern California Division
Cell: 562-686-8262 / borrr@fca.org

Our Mission and Vision

FCA Baseball Mission

The mission of FCA Baseball is to raise up empowered coaches who shepherd hearts towards Jesus Christ.

FCA Baseball Vision

To make disciples through the influence of a coach.

Catch Teams Mission

To develop players and coaches in athletic and spiritual excellence for the purpose of transforming families and baseball culture for the Gospel of Jesus Christ.

Our Values

- ★ We Strive for Excellence (High Quality / The Best / Outstanding)
- ★ We Demonstrate Awareness (Anticipate / Conscious / Heads-up)
- ★ We Show Commitment (Driven / Self-motivated / Moves the FCA Vision with High Capacity)
- ★ We Always Care (Love Others / Serve Others / Communicate with Gentleness)

Our Purpose

Gospel Presentation

A primary ministry opportunity for FCA Baseball is to present the Gospel of Jesus Christ to youth and their families. Our teams not only provide a competitive platform to develop men of character and purpose who will serve the living God, it is a place to serve and love opposing athletes and their families. Building these trusting relationships affords us the privilege of introducing these families to Jesus in a personal and powerful way. Our evangelistic purpose is to win hearts and minds for Jesus Christ through Gospel Presentation, Prayer and Personal Testimony.

Outreach and Service

Our great commission is to go and make disciples. As a program we do this through post game prayer and testimonies, service projects, mission trips, camps and clinics, and other life giving opportunities. Ultimately we long to see our families serve the living God and fulfill the great commission!

*Therefore, **go and make disciples** of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age. **Matthew 28:19-20***

Developing (Growing) Coaches

Another primary ministry opportunity is to develop coaches. Coaches have powerful position in the lives of our youth and they have a tremendous responsibility in partnering with parents to lead the next generation for Christ. At FCA we have the privilege of coaching the coach. FCA teams provide a unique platform to train coaches.

Organizational Structure

11u	Head Coaches: Chad Ragland and Ben Orr Asst. Coach: Greg Western
12u	Head Coach: Chad Ragland Ast. Coach: Josh Lietzau
13u	Head Coach: Ben Orr Asst. Coaches: Dave Little and James Sailhamer
14u Black	Head Coach: Sebastian Dunn Asst. Coach: Jesse Lopez
14u Red	Head Coach Kalani Nakamura Asst. Coach: Eric Slater
14u Gray	Head Coach: Sebastian Dunn Ast. Coach: Steve Busch

"I don't want to teach just baseball, because I don't want to face the Lord one day and he tells me, 'I sent you over 600 boys for you to turn into men. I see you turned them into baseball players, but you didn't turn them into men.' "

Tony Robichaux Former ULL Head Baseball Coach

"A good coach can change a game. A great coach can change a life."

- John Wooden

Team Selection Process

Our teams consist of existing players who have been in our program and new players who have been selected from our open tryouts. Players selected through tryouts have been added through the deliberation of the entire coaching staff. Each player in this organization is valued and treated equally. We welcome your family's desire to be a part of FCA and to grow not only in baseball but in your faith. Each player is here to play at a competitive level and glorify God with their talents and abilities.

Rosters

Rosters are formed while consideration what is best for both the team and the athlete. It is important that each of our teams have a makeup of players who will compliment each other. We are committed to develop a strong culture. It is our desire to see our teams form a bond of fellowship and we strive to create an environment for our players to be challenged and experience maximum growth. We ultimately cannot control if one team has more on-field success than another. Once rosters are set they will remain intact unless unforeseen circumstances arise. In the event that a player is injured, leaves the organization, or there is a void left on a team, the coaching leadership will decide whether roster additions or transactions will need to take place.

Coaching Philosophy

We will coach our players with **PURPOSE, PASSION, and INTEGRITY** to ensure that every athlete will receive the best and most wholistic development we can possibly give. Our athletes worth will not be based on their performance, but who they are as sons of the most High King.

Coaches Prayer

God, help us to love our players beyond their performance, beyond their skills, and beyond their behavior. Let us see the worth and value of each athlete not as objects that will help us win, but as your children that are relentlessly pursued by you. Help us to win their hearts and lead them to you today. AMEN

Player Development

We are committed to the Catch athlete by helping them reach their full potential as a "total athlete". The Catch environment exists to help athletes achieve their maximum athletic ceiling and teach them to compete fiercely while operating with a sound mind found only in Christ Jesus.

Baseball Excellence

- ★ We strive to develop athletes to their highest physical and baseball potential through teaching discipline and hard work
- ★ We will teach our athletes the intangibles and help them increase their preparedness, awareness and baseball IQ
- ★ Our ultimate baseball goal is to prepare our athletes for their next level of play: high school, college and beyond

Spiritual Excellence

- ★ Make competitors who will fight for righteousness
- ★ Develop empowered individuals who know their identity and who will take risks and rise to the challenge
- ★ Create men who will one day lead their future family with integrity and sound mind

Player Expectations

All we ask is that you show up on time to the field EVERY DAY ready to give your **BEST ATTITUDE** and your **HIGHEST EFFORT** and be willing to **TAKE RISKS!**

DEFINITION OF A COACH

"A coaches job is to help an individual or a team to a place they cannot get to by themselves..."

- Derives from Stage Coach -

"A covered carriage that takes people of importance from where they are to where they need to go."

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

- John Wooden

"If we walk away from risk to keep ourselves safe, we will waste our lives."

- John Piper

Our Empowered Culture

The FCA Baseball Culture is an Empowered Culture. We want to see MAXIMUM growth in our athletes. We desire to develop a healthy mindset in our athletes that think and say, "Give me the ball coach!". We want risk takers. This takes an extreme amount of effort from coaches, players and parents!

Challenge/Invitation Matrix



"A coach is someone who can give correction without causing resentment."

- John Wooden

And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:13

Culture Contributors

What is the makeup of FCA culture?

- ★ The Right People
- ★ Defined Values
- ★ Strong and Clear Communication
- ★ A Commitment to Grow

Love one another with brotherly affection. Outdo one another in showing honor.

Romans 12:10

2023 Theme

We are Ambassadors for Christ

We are image bearers of the living God and called to be His representatives. The problem is that we are flawed and deprived in our flesh, so it takes an extreme amount of effort and grace towards one another as we strive to love one another with brotherly affection and outdo one another in showing honor.

- ★ Serve and love others
- ★ Reflect Christ - We want to be the look on His face, the touch of His hand, the tone of His voice.
- ★ We want to be a joyful people ("Do you have a song in your heart?" - Coach Ben)
- ★ Be the salt and light of the world

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. **You are the light of the world.** A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. **Matthew 3:23-24**

EVERYDAY
AMBASSADOR
 ★ ★ ★

Parent Expectations

Conduct

As a Fellowship of Christian Athletes affiliated organization, we are called to be different. This shows in the way we conduct ourselves on and off the field. We want to have fun and play to the best of our ability with a very strong competitive attitude, however, adversity and situations will arise that we cannot control. We understand there will be bad calls, tough games, and rowdy opposing parents. That being said, we will not allow vulgar or rude behavior at any practice or game from players or parents. There will also be no parental coaching from the stands during games. Also, please refrain from handing players food or drinks during games as this is frowned upon at the high school and college levels.

It is expected that players are adequately prepared before the game. Please know that our coaches will help your kids make the necessary adjustments. Just sit back and enjoy watching your kid play the sport they love with their friends, surrounded by people that love them. At the end of the day, our teams represent Christ and we must do that to the best of our ability.

- ★ Help contribute to the Empowered Culture. Have constructive conversations especially pre-game and post-game car rides, serve and love those around you, exude joy amongst each other and to our opponents.

Communication

Communication is key to ensure that any conflicts, questions, or concerns are relayed to a coach or staff member. Great communication is one of our goals and we will make sure that we do that to the best of our ability. Our communication runs through TeamSnap where coaches will communicate all practices, games, and events. Parents are asked to mark availability at least 24 hours before practices, games and events. Practice plans are made around not only player needs but availability. In order to build good habits in communication, we ask our players to be the primary communicators of their availability. For example, If your player is missing a practice or has a uniform question please have the player communicate with a coach. This is a great way to prepare him for high school and especially college. We understand there are some situations that require parental involvement so if that's the case please feel free to reach out. We feel it is best to hold our players accountable and to help them grow in the area of communicating with coaches and staff members.

Commitment

So Cal Catch Baseball is an organization that strives for excellence and doing things at the highest level. We expect the same from our players and parents in the every season. We understand that the fall is not a primary baseball season and we encourage multi-sport activity however, it is our expectation that you will be at 90-100% of all team games, practices, and events unless communicated otherwise with us upfront. Please communicate any conflicts or misses via TeamSnap during all seasons. We understand that situations arise and it's expected that if you will not be there it will be communicated to your coach a few days before the scheduled event.

Players are not allowed to play for other travel baseball teams during season. If there is an issue with lack of game play please contact the Director of Youth Teams Sebastian Dunn.

Volunteer Opportunities

GameChanger

Each team will need 1 or more parents to help with game scoring. GameChanger is a program we use to help keep our stats and box scores for our games and it can be done from your phone. This program is also helpful for family and fans who cannot attend games. The GameChanger volunteer will be responsible for inputting balls, strikes, outs, plays, hits, runs, etc into the game changer application. If interested, volunteers may reach out to Sebastian Dunn and he will grant you login access.

Program Coordinator

Each team will have a program coordinator. This role will require planning and setup of all team events off the field. Our goal is 1 team event every other month. The team program coordinator will collaborate with the coaches and Director of Youth Teams to schedule and plan these events, help with fundraising and help with sponsorship opportunities for missions trips, baseball trips and other FCA related activities. If interested, please reach out to your coaches to learn more.

Other Opportunities

- ★ Volunteers for field work days, FCA Events, Tournaments, Camps and Clinics

Calendar (See Provided Annual Calendar)

Protecting Sunday Mornings and Wednesday Nights

We make it a priority to protect Sunday mornings and Wednesday evenings for youth groups. We encourage our players and families to be a part of a local church fellowship. On occasion we will be in tournaments that will have Sunday morning game slots.

Practice Days

Monday, Tuesday, Thursday (Times TBA)

Saturday (Times TBA)

*Times subject to change / Practices will range from 2-2.5 hours

Gear and Merchandise

Fall Package

\$110 (Includes 2 numbered practice Dri-fits, Team Shorts, and Fall Cap)

Spring Package

Price TBD (Includes 2 Sublimated Game Jerseys, Game Cap)

- ★ Players are responsible for providing their own white and gray pants (black piping), black belt, and black socks. FCA get discounted items from Under Armour and other vendors. Items will be posted in the team store.
- ★ Players must wear Catch practice shirt, Catch cap, pants, and belt to all practices and games. Coaches will notify when players can wear team shorts.

Fan Gear

Catch fan gear is available for purchase at www.humbabe.com/collections/catchFacilities

We are in the process of building some amazing facilities.

Whittier Christian Phase 1.1 // Completed in 2021 is a 4000 Sq/Ft Fully turfed Hitting Facility

Whittier Christian Phase 1.2 // This phase will include a 3 wide MLB bullpen and an 875 Sq/Ft Arm Care Center. The phase will also include lighting for the entire hitting and pitching facilities.

FCA Workout Sites

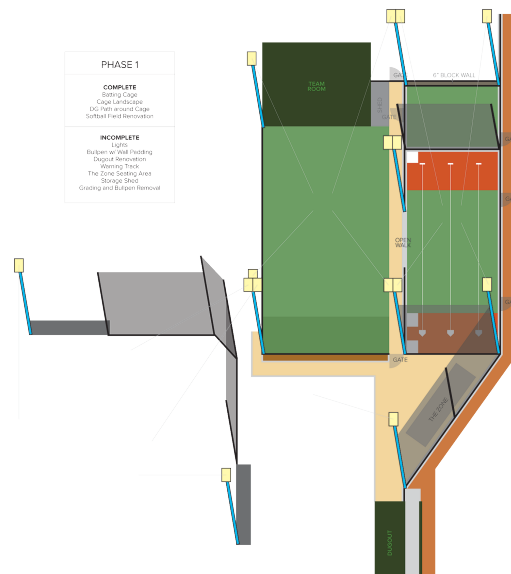
Whittier Christian High School, La Habra, // 501 N Beach Blvd, La Habra, CA 90631

Rose Drive Church, Yorba Linda, // 4221 Rose Dr, Yorba Linda, CA 92886



WHITTIER CHRISTIAN HIGH SCHOOL ATHLETIC COMPLEX PHASE 1 BASEBALL

PHASE 1	
COMPLETE	Hitting Cage Cage Landscaping Dirt Path and Caps Softball Field Renovation
INCOMPLETE	Lighting Bullpen w/ Wind Protection Bleachers Warning Track The Catch Storage Area Storage Shed Grading and Batten Removal



Baseball Development

September - December // Fall Development Phase

- ★ Culture Building
- ★ Training the Intangibles
- ★ Heavy Fundamentals
- ★ Situational Play and Awareness
- ★ Crossover Symmetry® Band Program
- ★ Rapsodo® Training and Tracking
- ★ Strength and Agility Program
- ★ Intra-squad and Scrimmage Phase
- ★ Team Workouts (ex. Team Defense/Team Offense)

January - February // Spring Training Phase

- ★ Team Workouts (ex. Team Defense/Team Offense)
- ★ Creating Game Speed Practices
- ★ Strength and Conditioning Continues
- ★ Scrimmages Continue
- ★ Pitchers Extend
- ★ Rapsodo® Testing and Measuring
- ★ Tournament Options

March - May // Spring Season Phase

- ★ Practice and Workouts Continue
- ★ Rapsodo® Testing and Measuring
- ★ Tournament Play
- ★ Intra-squad and Scrimmages Continue

June - July // Summer Tournament Phase

- ★ Practice and Workouts Continue
- ★ Local Tournaments
- ★ Out of State Travel Tournament Options
- ★ Intra-squad and Scrimmages Continue

August Rest Period

- ★ Rest and Recovery Period
- ★ Vacations
- ★ Family Time

Bible Curriculum

Fall // Identity Series

We will study things like:

- ★ Great Game/Terrible God (Identity)
- ★ Will you lose your Life? (Identity)

Winter // Character Series

We will study things like:

- ★ Do you have a song in your heart? (Character of Joy)
- ★ The Tongue is Fire! (Character of Self-Control)

Spring - Summer // Pursuit Series

We will study things like:

- ★ Seek Him and find Him! (Pursuit)
- ★ How big is your Cross? (Pursuit)
- ★ Know what you Believe! (Pursuit)

Program Fees

FCA COMPETITIVE STRATEGY

*Game like Practice Environment
Know the Game - Situational Awareness*

Chalk Talks

Limit Mental Mistakes

Execute!

...

*Physical mistakes can and will happen.
Mental mistakes we can control.*

"FCA Catch will not beat the FCA Catch"

- Coach Ben

Monthly Player Dues

Monthly Player Dues

\$185 (10 months) Total: \$1850

This includes 2-3 practices/intra-squad sessions per week. This breaks down to approx. \$7.50 an hour for all trainings

* Hardship Scholarships are available upon request

Teamsnap Fee

\$6.22/mo (\$68.42 Annual Fee)

Covers all ACH and CC Fees and Teamsnap user costs. You will see this on your monthly charge.

Tournament Fees

1 Day Tournaments / Approx. \$20-40

(Price includes tournament fee and coaches compensation)

2-3 Day Tournaments average approx. \$60-80 (Price includes tournament fee and coaches compensation)

*Out of state tournaments excluded

THE COMPETITOR'S CREED



I am a Christian first and last.
I am created in the likeness of
God Almighty to bring Him glory.
I am a member of Team Jesus Christ.
I wear the colors of the cross.

I am a Competitor now and forever.
I am made to strive, to strain,
to stretch and to succeed
in the arena of competition.
I am a Christian Competitor
and as such, I face my challenger
with the face of Christ.

I do not trust in myself.
I do not boast in my abilities
or believe in my own strength.
I rely solely on the power of God.
I compete for the pleasure of
my Heavenly Father, the honor of Christ
and the reputation of the Holy Spirit.

My attitude on and off
the field is above reproach -
my conduct beyond criticism.
Whether I am preparing,
practicing or playing;
I submit to God's authority
and those He has put over me.
I respect my coaches, officials,
teammates and competitors
out of respect for the Lord.

My body is the temple of Jesus Christ.
I protect it from within and without.
Nothing enters my body that
does not honor the Living God.
My sweat is an offering to my Master.
My soreness is a sacrifice to my Savior.

I give my all - all of the time.
I do not give up. I do not give in.
I do not give out. I am the Lord's warrior -
a competitor by conviction
and a disciple of determination.
I am confident beyond reason
because my confidence lies in Christ.
The results of my efforts
must result in His glory.

LET THE COMPETITION BEGIN. LET THE GLORY BE GOD'S.