Dear Prospective Seahawk,

Welcome to the newest chapter in Cabrillo Baseball. Thank you for your interest in continuing your athletic and academic career in one of the most beautiful academic settings in the world. Cabrillo Baseball is one of the finest junior college baseball programs on the west coast and with your help we will maintain that course.

Coach Kittle has an extensive background of coaching at both the college and high school level. This last season Cabrillo College Baseball had the biggest winning turnaround in the state, going 23-13 and reaching the state playoffs for the 1st time in 10 years @ Cabrillo. Recently as the former Head Coach at Santa Cruz HS. During his 13 year tenure at Santa Cruz HS, Coach Kittle helped transform the Cardinal program into one of the most well respected high school baseball programs in Northern California with 1 section title, 2 section runner ups, and 9 league titles. More importantly for you, Coach Kittle has developed a large network of NCAA/NAIA coaches who trust Coach Kittle’s evaluation and development of players. While at Santa Cruz HS, Coach Kittle helped players move on to Cal State Fullerton, University of Hawai’i, UC Davis, Long Beach State, Sacramento State, University of Oregon, San Jose State, Naval Academy, UCLA, University of Pacific, and multiple Div II, III, and NAIA universities. The last two college season, we placed 100% of our eligible Sophomores into a 4 year school

The rest of Cabrillo’s staff is filled with former high school head coaches, college coaches, and pro ball players. Each of these men brings their own connections, experience, and desire to help you achieve your long term athletic and academic goals.

The Cabrillo staff wants ballplayers with a burning desire to grow as athletes, students, and men.

Our goals as a staff are simple:

- Help you achieve your dream to move on to a higher level of baseball
- Win the Coast Conference and compete in the Final 4 every year

If you are willing to challenge yourself to reach your highest potential as a student-athlete then Cabrillo College Baseball is the right choice for you.

**WELCOME TO CABRILLO BASEBALL!!!**
Frequently asked Questions:

A. Academic:
1). Why do I have to take the assessment test? *The assessment test insures you are placed in the appropriate classes that will be TRANSFERABLE to a 4 year college. This is in your best interest.*

2). Where/when and how do I take the assessment test? *This test can be taken at ANY community college in CA., or even @ your high school if offered. We prefer you take it here @ Cabrillo, but the test results can be accessed by any community college campus.*

3). How do I know if I am taking the right classes? *Once you have your assessment score, you will arrange an appointment with our academic counselor, Arturo Cantu. He will sit with you and create an ed plan, which will chart the courses you need to take to earn you AA degree.*

4). Can I attend a 4 year school after just one year of community college? *Absolutely, IF, you were a PRE-Qualifier after high school graduation. A pre-qualifier is someone who has the appropriate SAT/ACT scores and applicable GPA. Also to transfer after the 1st year you must have 24 TRANSFERABLE units successfully completed.*

5). What are transferrable units? *Transferrable units are classes successfully completed @ a community college, which will count towards your degree from a 4 year institution. These requirements do vary from school to school and the academic counselor and your coach will help you insure you have the correct transferrable classes.*
B). Questions Related to attending Cabrillo:

1). Is there housing available? No, we do not offer student housing (very few CA junior colleges do). We are also restricted in our ability to assist in the housing department. We can direct you to housing, but we are not allowed to set up and arrange housing for students. Please check the Cabrillo home page for housing assistance and communicate with us as well.

2). Are there Athletic Scholarships Available? No. No CA community college offers athletic scholarships. Financial aid is available to all students in a great variety of forms. Information is available at the financial aid office and the link is on our website. It is important that a FASFA form is completed and accurate to obtain aid. These forms are available @ the financial aid office and online, www.fafsa.ed.gov/. Cabrillo College's FASFA code is 01124

3). Can I work, attend school, and play baseball? The reality is that you can, but it will be very difficult. If you are organized with your time, you can work a job.

4). How many classes should I take per semester? This will vary for each person. Once you have set up an ed plan with Mr. Cantu, this will chart out your academic coursework @ Cabrillo College. It is of the utmost importance that you are able to transfer to a 4 year school when the opportunity arises.

5). How will my academic progress be monitored by? Ultimately this is your responsibility, BUT we will have files and schedule classes with you to insure you have the correct classes and progress as well as provide tutoring and study halls.
C). Baseball Related Questions:
1). When do we start? Baseball begins the very 1st day of the fall semester, Aug 31st. This is called the non-traditional season and you should be enrolled in Ath 10 and PE 40. We will have baseball related activities during this class time and non-mandatory activities outside of this class time. We will also have 10 scrmages on Saturday's to conclude on the 3rd weekend of Nov.

2). When does the “regular” season begin? Practices for the regular season begin on the 1st weekend of Jan and the 1st game is on the 1st weekend of Feb.

3). How many guys will you carry? We will carry no more then 35 active players (not including red-shirts).

4). Will I be guaranteed playing time? Absolutely NOT. We want guys who are willing to and committed to competing for playing time the whole season. Everyone will be given a fair shot to play and communicated to like a man.

5). Can I pitch and hit? Yes you can, if you are able to compete at the collegiate level in BOTH areas.

6). Will we be do weight training & conditioning? Yes we will. We will have a summer class so you can get a head start beginning in mid June 2 days a week. Our wgt program will continue the 1st week of Sept and run through the season. Conditioning will be vigorous in the non-traditional segment. We are committed to getting bigger and stronger and have the most advanced system out there.

7). How will I get exposure to 4 year colleges? Our staff's PRIMARY goal is to advance all of our players. We will be sending out bi-monthly emails to all D1, 2 and NAIA coaches across the country. Through our vast contacts, Seahawk players will have the most thorough exposure to 4 year schools of any community college.
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1-24</td>
<td><em>No Give Aways</em></td>
<td><strong>TIGHT AND CLOSE</strong></td>
</tr>
<tr>
<td>Time</td>
<td><strong>Activity</strong></td>
<td><strong>Purpose</strong></td>
</tr>
<tr>
<td>2:00</td>
<td><strong>Talk</strong></td>
<td><strong>Body Language</strong></td>
</tr>
<tr>
<td>2:05</td>
<td><strong>Team Dynamic Stretching</strong></td>
<td><strong>All players</strong></td>
</tr>
<tr>
<td>2:15</td>
<td><strong>BP-Explain the give away</strong></td>
<td><strong>Hand separation is load key</strong></td>
</tr>
<tr>
<td></td>
<td><em>4rds: Situ, Oppo, 2 rds Free-Game Tempo Every Swing</em></td>
<td>1 Field, 5 bases, 2 shag, 3 Cages, 4 Wiffles</td>
</tr>
<tr>
<td></td>
<td>Must execute 2 H&amp; R's/Fair gr for free rds</td>
<td><strong>Slash Down Line-Will intro-</strong></td>
</tr>
<tr>
<td></td>
<td>On bases steal last pitch-Discipline</td>
<td><strong>Load load load</strong></td>
</tr>
<tr>
<td></td>
<td>Shag from your spots/ C or 1b on bucket</td>
<td></td>
</tr>
</tbody>
</table>

**GROUP 5 WILL ONLY HIT ON FIELD M/W/F**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:20</td>
<td><strong>Throw</strong></td>
<td><strong>Throw long/Switch Sides on misses</strong></td>
</tr>
<tr>
<td></td>
<td><em>Stretch it out</em></td>
<td></td>
</tr>
<tr>
<td>3:30</td>
<td><strong>Individual Def</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 way picks</td>
<td>of's through the cutoff</td>
</tr>
<tr>
<td></td>
<td><em>Drills and GB's w throws</em></td>
<td></td>
</tr>
<tr>
<td>4:10</td>
<td><strong>1st and 3rd Defensive Review</strong></td>
<td><strong>step off etc</strong></td>
</tr>
<tr>
<td>4:25</td>
<td><strong>Safety Protect Defense</strong></td>
<td><strong>No roles</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Fake steal technique</strong></td>
<td></td>
</tr>
<tr>
<td>4:50</td>
<td><strong>4 station Base running</strong></td>
<td></td>
</tr>
</tbody>
</table>

*Home to 1st - through and break down 1st to 2nd-fake steal extension*

*2nd to 3rd-steal technique......3rd to home--Squeeze technique vs stretch*

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td><strong>Cleanup</strong></td>
<td></td>
</tr>
</tbody>
</table>
What past players say about being placed at 4 yr schools

"Coach Kittle was a first class head baseball coach when I played for him from 2000-2003. His duties as a head coach did not stop when practice was over he blew every other head coach out of the water when it came to getting his players seen by Professional MLB Scouts and D1 D2 D3 and NAIA schools. Endless hours are spent after practice is over on the phone and sending emails to numerous scouts and coaches getting these players names out there. On top of that he knows the NCAA rules and regulations better than anyone I know. This makes sure that you are on task in the classroom and your grades are in line to transfer to any school that wants you.

I was fortunate enough to play at Cal State Fullerton in 2004-2006 and I would have never gotten that opportunity without Coach Kittle's help and guidance. His connections throughout the baseball world are comparable to no one. Not using his guidance and information not only would be harmful to your baseball career, but leave you second guessing yourself why your not where you want to be.

I am currently one step away from the big leagues and still living the dream everyday in Triple AAA for the Detroit Tigers and I can honestly say I wouldn't be here today without the help of Coach Kittle."

L.J. Gagnier—Cal St Fullerton/ Detroit Tigers

"Coach Kittle was instrumental in furthering my baseball career. His knowledge of numerous college programs and connections with college coaches gave me a realistic view of my skill level, which opened lines of communication to get me placed at a higher level."

Brett Lindgren—Fresno City College/ E.Carolina Univ
Past Asst Coach @ Csu Fullerton and Santa Clara Univ

"Coach Kittle really helped me to understand the recruiting process during high school when I knew nothing about it. He helped me pick the right showcases to play in to increase my exposure to good colleges and steered me away from ones that were less prestigious. Later he went on to help put me in contact with coaches from the university I was interested in attending. Coach Kittle has a good feel for the D1 coaching scene and has many connections in it that help him to place players in the programs that are best fit for them."

Dylan Gavin—Univ of Oregon
Your Eligibility and You

Academic-Eligibility Requirements

Division I

If you want to participate in athletics or receive an athletics scholarship during your first year, you must:
• Graduate from high school;
• Complete these 16 core courses:
  - 4 years of English
  - 3 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 1 extra year of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of extra core courses (from any category above, or foreign language, nondisciplinary religion or philosophy);
• Earn a minimum required grade-point average in your core courses and
• Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2,400 core-course grade-point average needs an 860 SAT).

Requirement to graduate with your high school class
You must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core course completed in the year after graduation (summer or academic year) to meet NCAA Division I eligibility requirements.

You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

Division I Qualifier
Being a qualifier entitles you to:
• Practice or compete for your college or university during your first year of college;
• Receive an athletics scholarship during your first year of college; and
• Play four seasons in your sport if you maintain your eligibility from year to year.