

Twins
COMMUNITY FUND

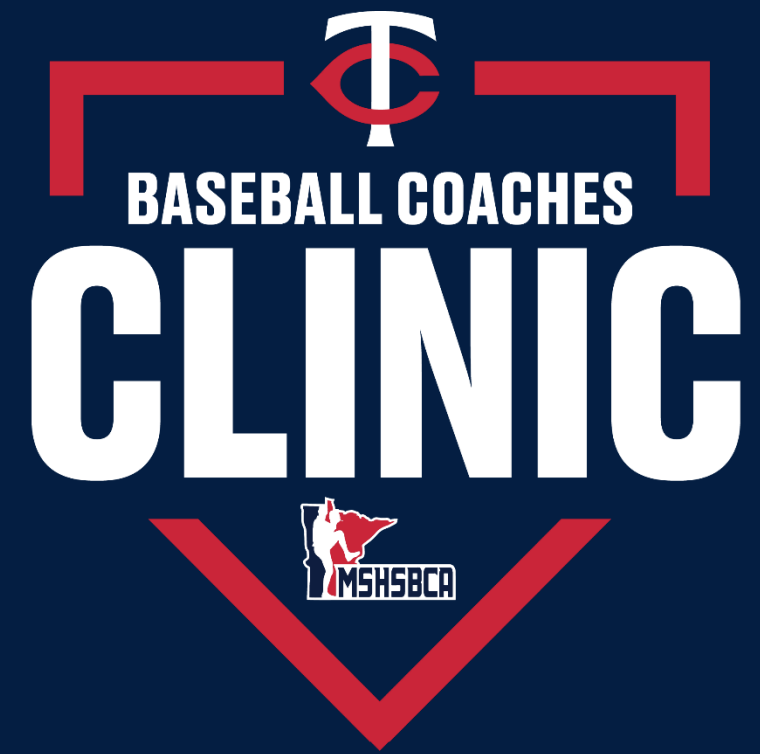


CREATING TEAM CULTURE & ROYAL MENTALITY - THE WOODBURY WAY

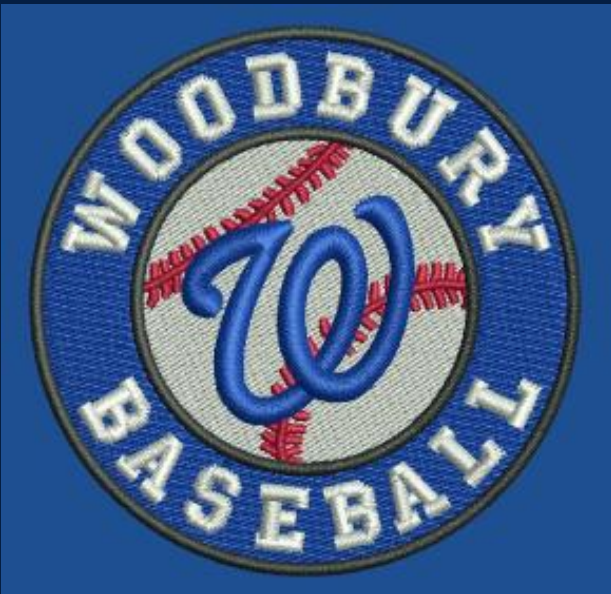
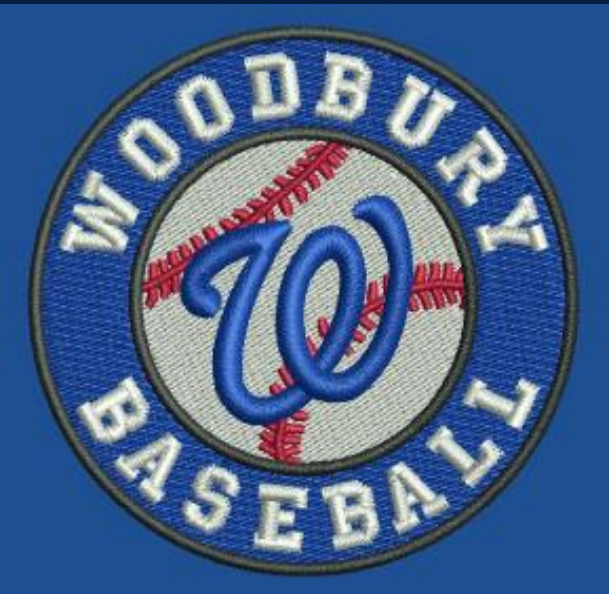


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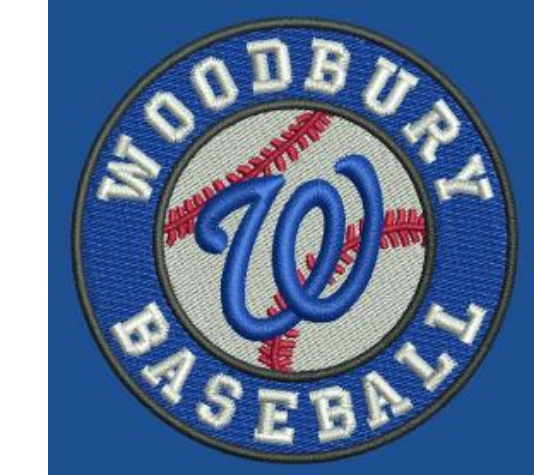
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Background



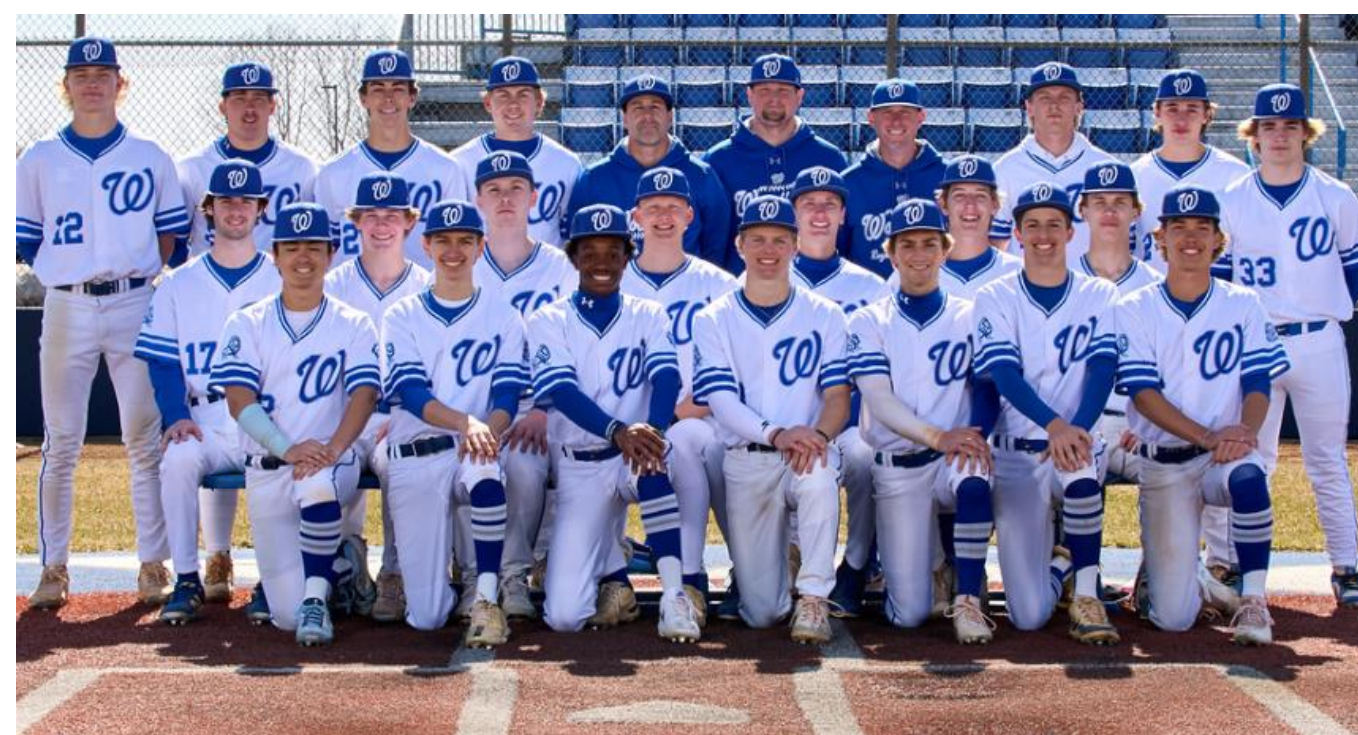
Playing and coaching experiences – High School, College, Summers

Learn pieces from all experiences. Steal good stuff and mold it to fit you – Jeppson, Sean, Fornasiere, Varsh, Dee, DeMarco, Dietz, Swanny, Blue, Feldy, Knut, Bentley, Nickleby, KG, etc

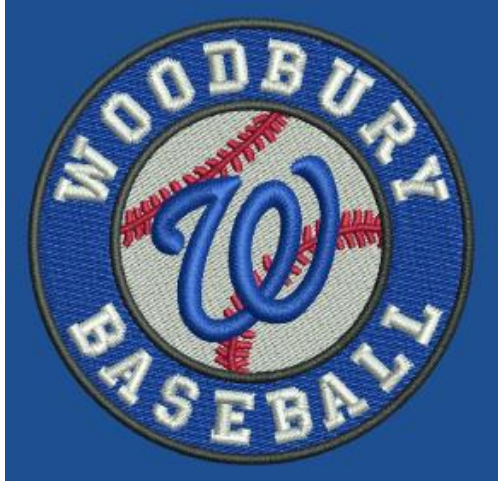
*Coaching is less about x's and o's and more about people! Lucky to have asst's that connect

Brian Cain and Justin Dehmer-88 straight W's(1PW gave us the vehicle to drive it forward) – Sports Psychology

Went from 4 wins in 2011 to over .500 in 2013, to 2014 17Ws, to 23Ws in 2016! 12 straight winning seasons

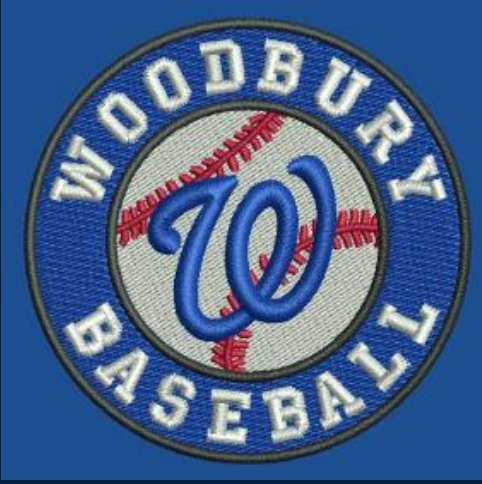


Setting up our Culture and Mentality for Success



- I. Core Values
- II. Fall Player Meetings & Preseason Parent Meetings
- III. Mental Toughness Training
- IV. Taking it to the Practice Field
- V. Competing in Games

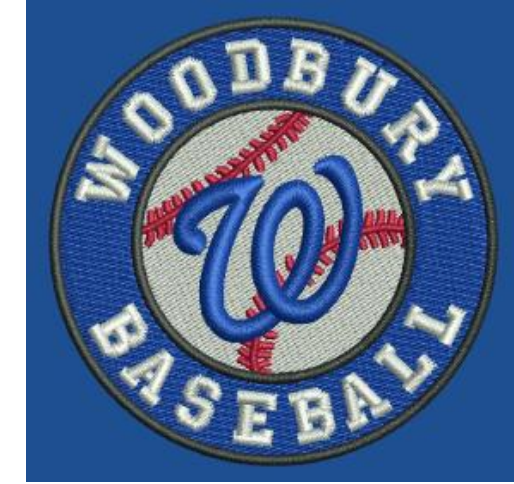




I. CORE VALUES



Set the Culture Standard: 3 Core Values



• Our core values have been set by player vote and refined over the years.
We want our guys to play fast, play hard, play for each other with attention to detail, execution, and grit, and have a lot of fun doing it!

• Play to our **CORE VALUES: (FOUNDATION OF OUR CULTURE & Standards of Excellence)**

We want to play and live outside the box!

• **FAMILY (Inclusivity - Dig for Gold, Spring Trips)**

• **+ ENERGY (Up on O & Sprint)**

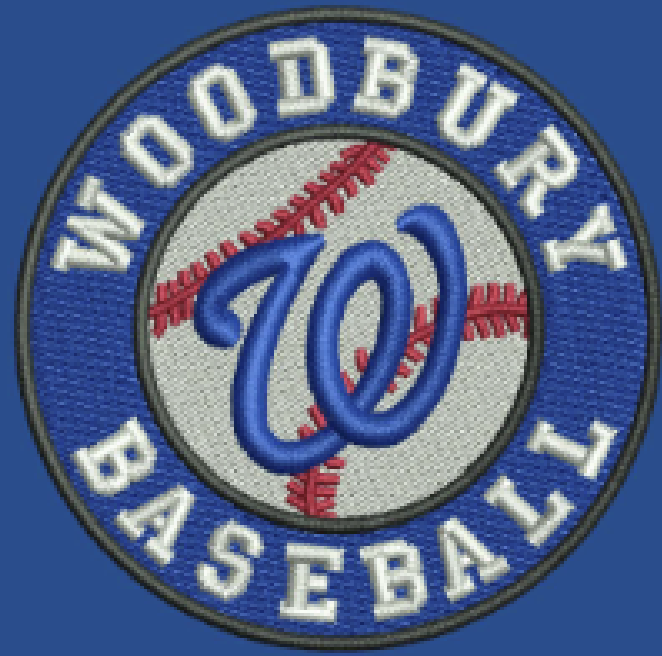
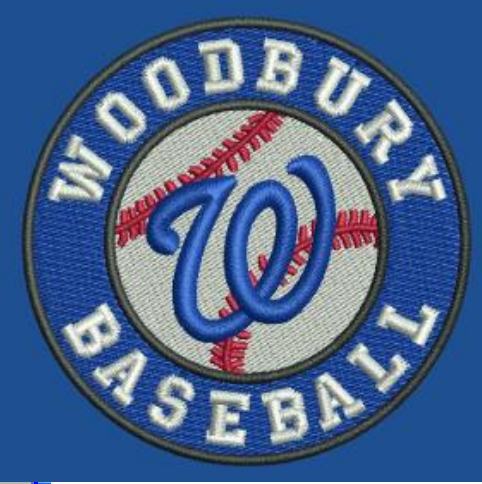
• **GRIT (Stick to process & work)**

• Fall short = mad coach

+ What do scouts ask when they call?



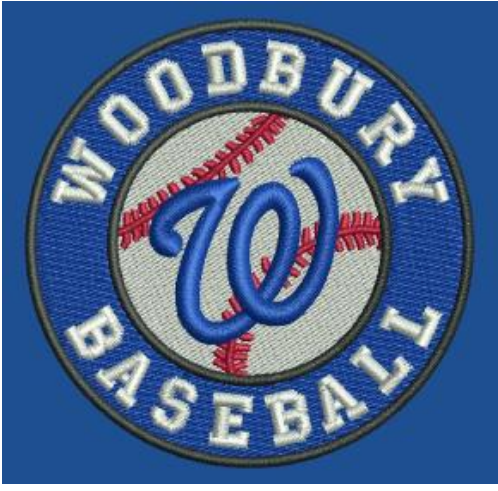
Making your Standards Objective – What Does it Look Like



WHS BASEBALL CORE VALUES

	FAMILY	POSITIVE ENERGY	GRIT
TEAM	<ul style="list-style-type: none"> +Play catch with a variety of guys +Help under classmen in captains practices and season workouts +Play for each other +Selfless at bats (HBP's, sacs, move em over, etc) 	<ul style="list-style-type: none"> + Get to practice early + No walking on the field + Sprint on and off the field + Up on offense 	<ul style="list-style-type: none"> +Perseverance towards your long term goals. +Win the next pitch mentality, ability to flush the negative & move on. +Work each day to make yourself and others better. +Don't let failure define you, learn from it and grow from it.
SCHOOL	<ul style="list-style-type: none"> +Be loyal to the Royals (all 2000+ students, but especially baseball players) need to be treated with respect. +Acknowledge teammates and classmates around school. 	<ul style="list-style-type: none"> +Take your earbuds out and hoods down in the halls and in class. +Move with class and energy throughout the halls. +Participate in class. +Win the next class! 	<ul style="list-style-type: none"> +Give your best effort in classes, recognize this is the path towards a successful life. +Set academic goals, and stay resilient in your pursuit of those goals.
COMMUNITY / HOME	<ul style="list-style-type: none"> +Represent yourself, your school, and your community in a class manner whenever out in the public. +Treat all community members with respect. +Post only stuff on social media that is positive and a good representation of you, your family, and our program. 	<ul style="list-style-type: none"> +Carry yourself with positive energy, body language, and verbal language when out in the community. 	<ul style="list-style-type: none"> +Set goals to make your community a better place for you and everybody to be a part of; give back! +Live our core values out within Woodbury.





Core Values Set the Standard



MARINE CORPS CORE VALUES

HONOR

This is the bedrock of our character. It is the quality that empowers Marines to exemplify the ultimate in ethical and moral behavior: to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other. It represents the maturity, dedication, trust, and dependability that commit Marines to act responsibly, be accountable for their actions, fulfill their obligations, and hold others accountable for their actions.

COURAGE

The heart of our Core Values, courage is the mental, moral, and physical strength ingrained in Marines that sees them through the challenges of combat and the mastery of fear, and to do what is right, to adhere to a higher standard of personal conduct, to lead by example, and to make tough decisions under stress and pressure. It is the inner strength that enables a Marine to take that extra step.

COMMITMENT

This is the spirit of determination and dedication within members of a force of arms that leads to professionalism and mastery of the art of war. It promotes the highest order of discipline for unit and self and is the ingredient that instills dedication to Corps and country 24 hours a day, pride, concern for others, and an unrelenting determination to achieve a standard of excellence in every endeavor. Commitment is the value that establishes the Marine as the warrior and citizen others strive to emulate.

Apple Values

- Accessibility
- Education
- Environment
- Inclusion & Diversity
- Privacy
- Supplier Responsibility



AIR FORCE — CORE VALUES —

In 1992, former Air Force Chief of Staff, Gen. Merrill McPeak, launched a core value initiative comprised of six principles: integrity, competence, courage, tenacity, patriotism and service. Then in 1995, former Secretary of the Air Force, Dr. Sheila Widnall, and former Air Force Chief of Staff, Gen. Ronald Fogleman, streamlined these principles, establishing the three core values the Air Force follows today.

- ### 1 INTEGRITY FIRST

An airman is a person of integrity, courage and conviction. They must do the right thing, even when no one is watching.
- ### 2 SERVICE BEFORE SELF

An airman's professional duties take precedence over personal desires. Every airman is expected to have the discipline to follow rules and exhibit self-control.
- ### 3 EXCELLENCE IN ALL WE DO

An airman strives for continual improvement in self and service in order to propel the Air Force further.

Mission

- To bring inspiration and innovation to every athlete in the world

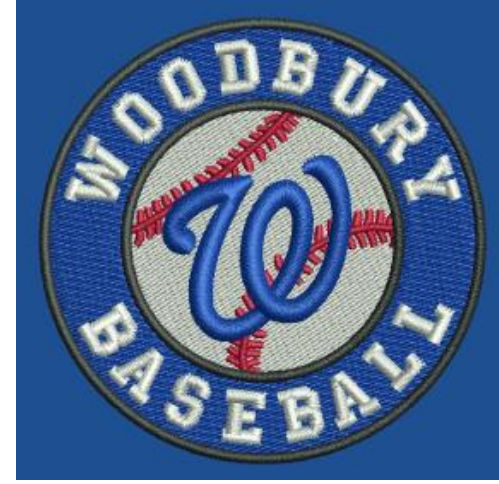
Vision

- To help NIKE, Inc. and our consumers thrive in a sustainable economy where people, profit and planet are in balance

Core Values

- Performance
- Authenticity
- Sustainability





Royal Tough Baseball Creed (15 Characteristics of Mentally Tough Players)

ROYALS BASEBALL GUIDE TO MENTAL TOUGHNESS.

ARE YOU TOUGH?

1. **Tough players play so hard, they are mentally & physically exhausted by the end of the game.**
2. **Tough players generate positive momentum and carry it through entire games. Tough players get to their teammates right away.** They get out of the dugout/cheer to congratulate guys for sacrificing their at bat for the betterment of the team and/or for making a great mental or physical effort. They show extreme hustle!
3. **Tough players take responsibility for their teammates.** They expect a lot from their teammates, but they also put them first. When the bus leaves at 9AM, tough players not only get themselves there, but they also make sure their teammates are up and get there, too. Tough players take responsibility for others in addition to themselves.....they give credit to their teammates before taking it themselves.
4. **Tough players take and give criticism the right way.** They can take criticism without feeling the need to answer back or give excuses. They are open to getting better and expect to be challenged and hear tough things. Tough players listen and are not afraid to say what other teammates may not want to hear, but need to hear.

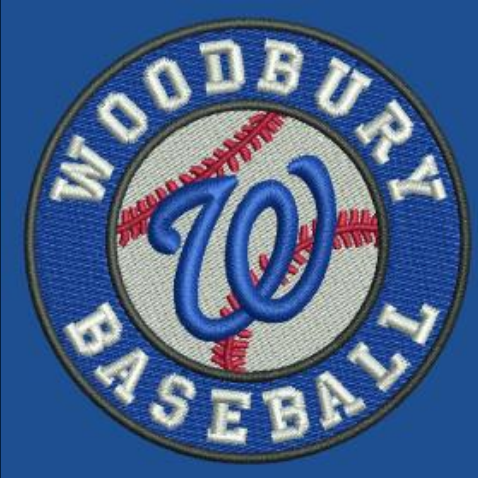
- 5. Tough players show strength in their body language.** They project confidence and security with their body language. They do not hang their heads, do not react negatively to a mistake of a teammate, and do not whine and complain to umpires. Tough players project strength, and do not cause their teammates to worry about them. Tough players do their jobs, and their body language communicates that to their teammates—and to their opponents.
- 6. Tough players are alert, active, and mentally prepared for the next play before it happens...and they communicate with teammates.** Tough players use pre pitch communication and they echo commands until everyone is on the same page. Tough players play with instincts and communicate those instincts with teammates.
- 7. Tough players concentrate, and encourage their teammates to concentrate.** Concentration is a skill, and tough players work hard to concentrate on every pitch. Tough players are tuned in to offensive and defensive signs and play calls.
- 8. Tough players take responsibility for their actions. They make no excuses.** Tough players are coachable and they learn from mistakes and move on to the next pitch.
- 9. Tough players look their coaches and teammates in the eye.** Tough players never drop their heads. They always look coaches and teammates in the eye, because if they are talking, it is important to them and to you.
- 10. Tough players move on to the next pitch.** They build on the positives and flush the negatives. Tough players rely on their routines to get them back to the green. **They play in the green!**

- 11. Tough players will do whatever it takes to win the next pitch.** Tough players are willing to get hit by pitches to get on base for the team. Tough players are willing to sacrifice their at bat (sac bunts, etc) for the betterment of the team.
- 12. Tough players are hard to play against—easy to play with** — they make their teammates’ jobs easier, and their opponents’ jobs tougher.
- 13. Tough players make every game important.** They **respect all opponents** & don’t categorize them. They know that if they are playing, it is important. Tough players understand that if they want to play in the championship games, they must treat every game as a championship game.
- 14. Tough players take it personal and they have a plan of execution.** It is you versus him, find a way to beat him and make adjustments based off of what the other guy is doing. Win the next pitch!
- 15. Tough players make getting better every day their goal.** Tough players embrace their role with positive energy and come to work every day to get better and gain more opportunities. They meet victory and defeat the same way. They get up the next day and go to work to be better than they were the day before. Tough players hate losing but are not shaken or deterred by a loss. Tough players enjoy winning but are never satisfied. For tough players, a championship or a trophy is not a goal; it is a destination. The goal is to get better every day.

Anybody can talk tough. Not anybody can be tough.

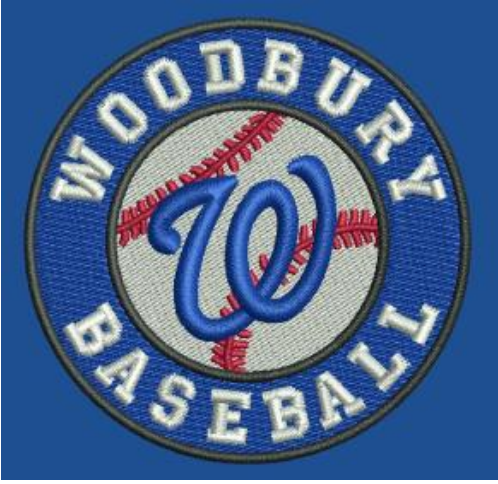
REAL ROYALS ARE TOUGH!

NOTHING WITHOUT A HEARTBEAT BEATS US!



II. FALL PLAYER MEETINGS & PRESEASON PARENT MEETING





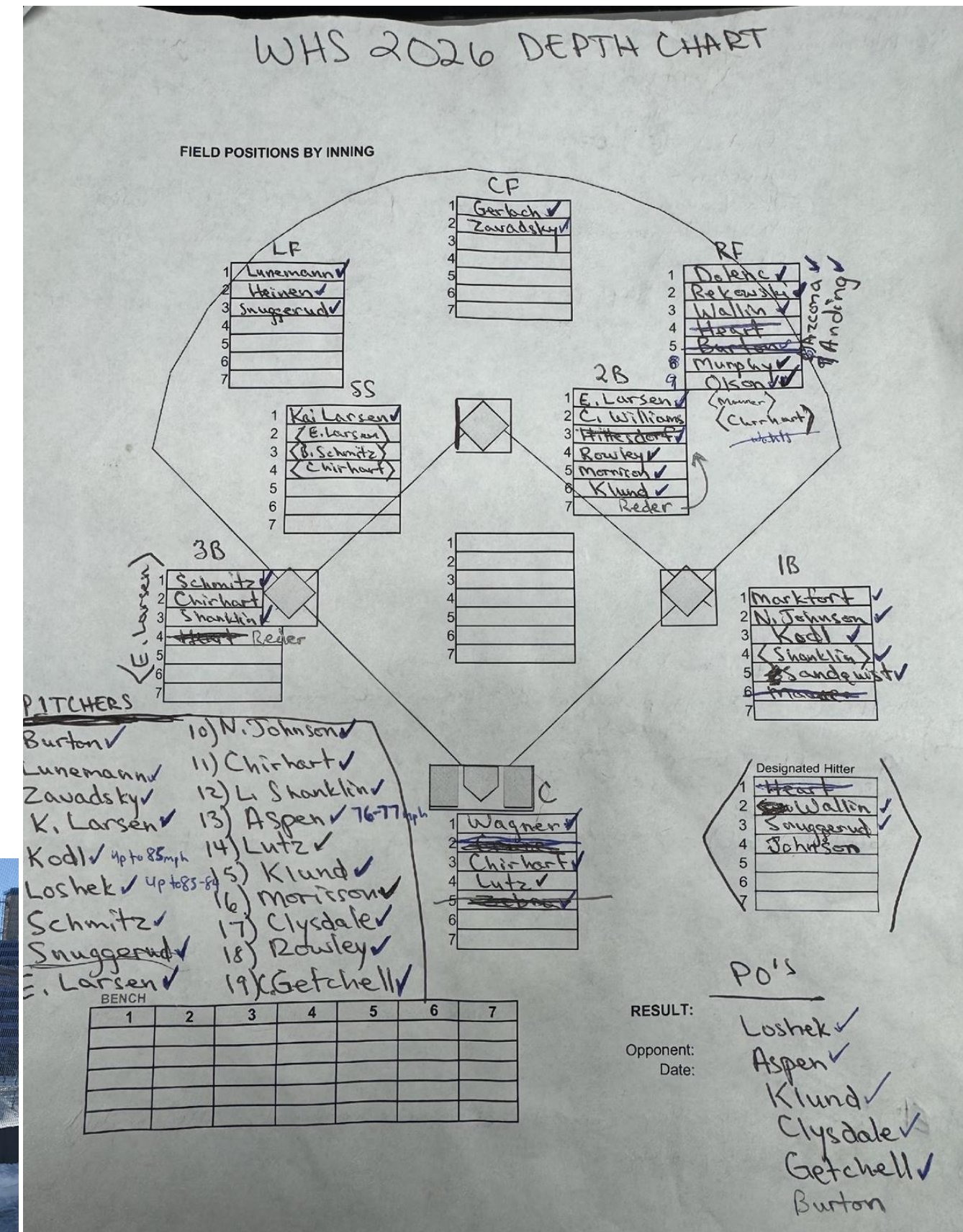
Building a Team of Culture Kids - Player & Parent Meetings

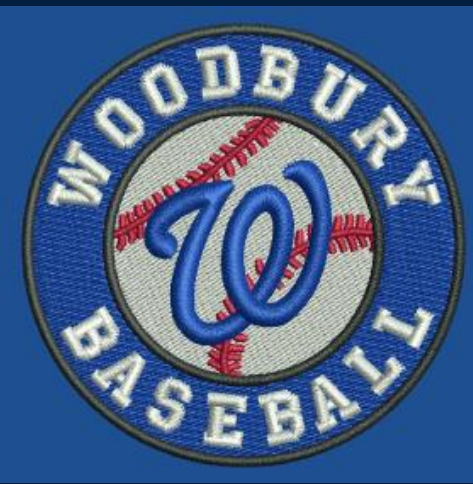
+ Setting expectations for players and parents

+ It's about the team, not the individual

FALL PLAYER MEETINGS -

- + • Starts with honest communication with kids and defining roles.
- + • Gaining a commitment from them on that role is the next step.
- + • Making them all feel important no matter role (because they are)
- + • Don't have to be on the field to make a positive impact (If not why do we coach?)
- + • Great teammates effect teams in special ways!
- + • [Miss St Bench Mob - 3 min](#)
- + • What do we want to "see" when it's over?
- + • [Mike Matheny Letter to Parents](#)(Reading)





III. MENTAL TOUGHNESS TRAINING

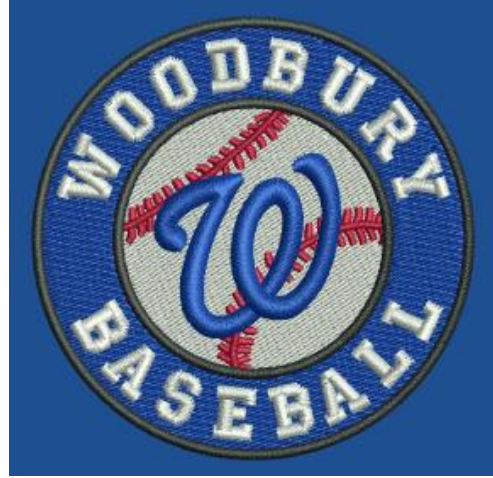


Building Mind Set – Mental Toughness Training



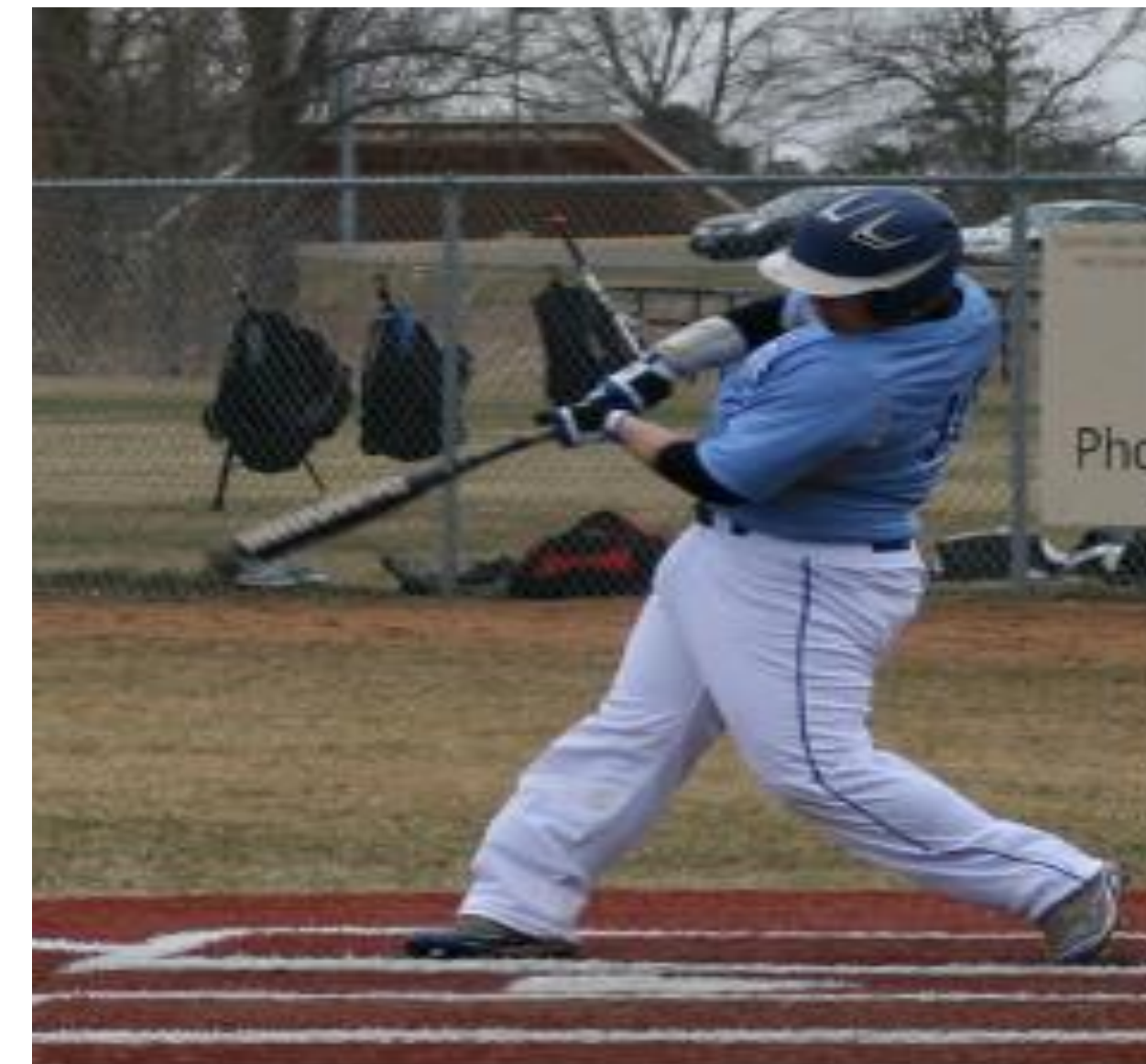
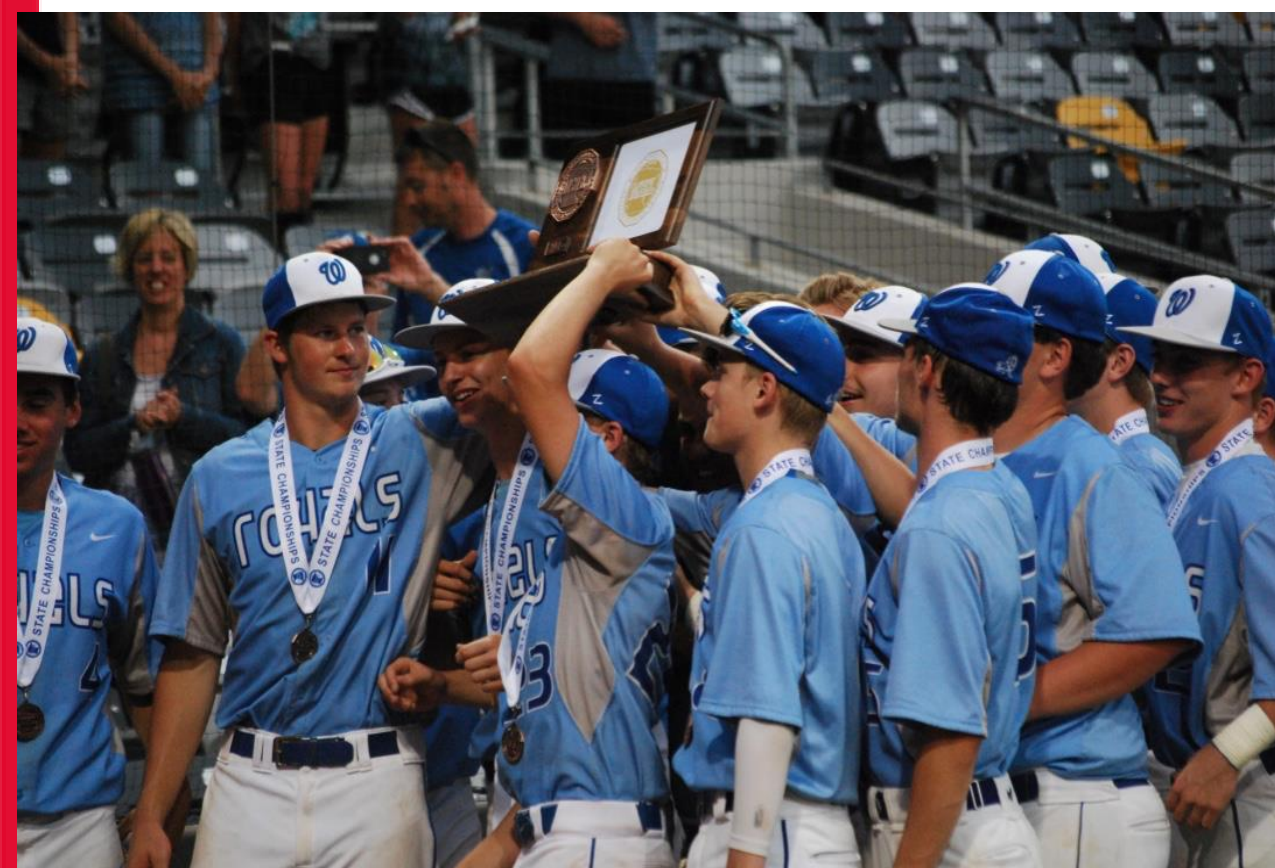
- + Classroom sessions – powerpoint & video clips
- + **Foundation of mental toughness: Self Control, a plan, trust prep & ability**
- + Introduce terminology and philosophy on how we will compete one pitch at a time (5 P's&R's)
 - + Perspective, Process, Positivity, Prep, Present Moment (Routines, rehearse, recognize, release, refocus)
- + Introduce our aggressive approach (mindset) in all facets (statistical goals) and why
- + We want guys to play fast, play hard, play for each other, with attention to detail, execution, & grit & have a lot of fun doing it!
- + [E60: Evan Longoria Mental Game](#) (11 min)
- + [TCU Extreme Hustle](#) & Video Montages



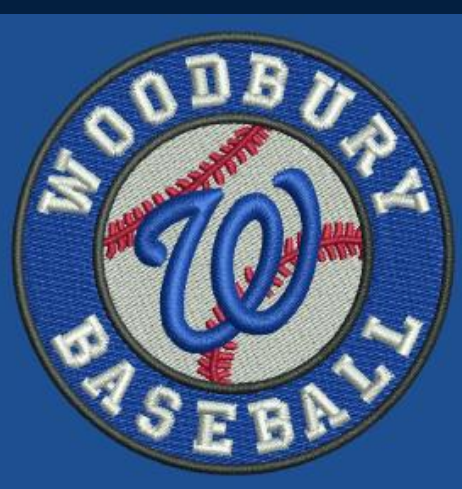


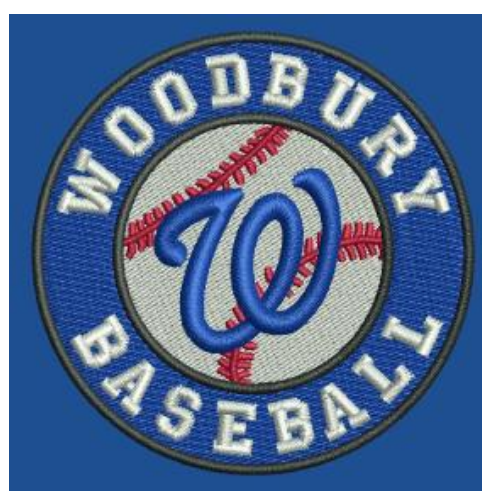
Building Mind Set – Core Values, Goal Setting, Routines

- + Put on notecards at team meeting – 3 core values (team vote), 3 individual goals, 3 team goals, routines (hitting, defensive, pitching)
- + 2015 & on Core Values = Positive Energy, Family/Togetherness, & Grit
- + How are we going to achieve these and live by these?
- + Hold players to them.



IV. TAKING IT TO THE PRACTICE FIELD





Taking it to Practice Field

Developing quality practice plans – Send out practice plan early.

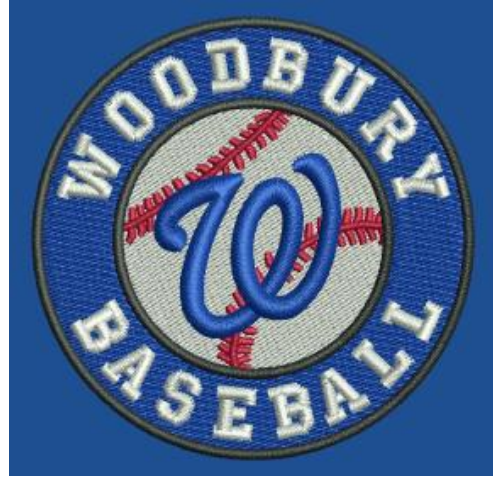
*RUN-DYNAMIC STRETCH-RUN-THROW(flips,long lever,straddle, cement feet, long,pull down, position)

4 Parts: 1) Positional Defense, 2) Offensive Breakdown, 3) Team Portion, &/or 4)Competition

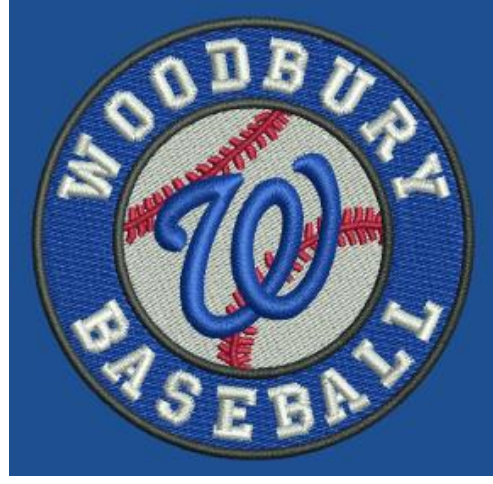
- + Develop **routine** positional drill sequences (strive for perfection) – helps players and coaches (maximizes practice time with minimal # of coaches) - **Daily Drills**
- + GBT, OFT, Catching Drills, Pitching Drills, PFP's, Picks, Hitting Drills, BP sequence, etc.
- + Focus on details – in positional work and team work
- + Competitive drills & practice games – create chaos & simulate & reward aggressive play
- + Pts game, dirtball reads game, bunting scrimmage, 21 outs, situational scrimmages



Competitive Practice Games – Points Game



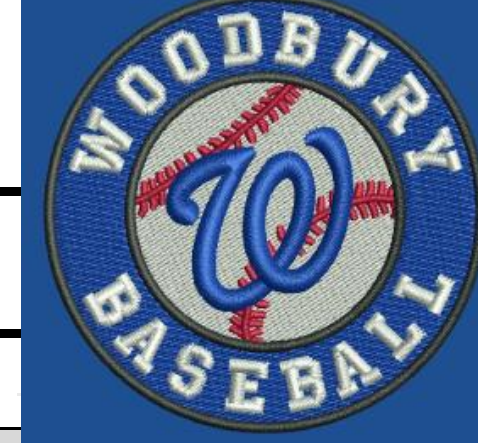
- + 2 teams (16-18 total kids) T1 vs. T2 3-5 rounds for 2 teams = 1 hour
- + T1 on offense (split into 2 groups) – 1 running (1B = OF Run) / 1 hitting (1A = IF Hit) – then flip
- + T2 stays on defense for both 1A and 1B hitting rotations
- + Rounds = Rd1: Runner 1st, Rd2: Runner @ 2nd, Rd3: @ 3rd, Rd4: 1st & 3rd, Rd5: Bases loaded
- + **Everything is played with 1 out, not moving guys over. Drive the ball!
- + 1 Point per each base for the runners and the hitter (hitter runs every swing out live – push the ticket)
- + Only offensive penalty is a double play = -5pts for the offense
- + Hit all 5 rounds and then rotate hitters to baserunning and vice versa
- + Have offensive players push the ticket and take the next base. Put pressure on the defense.
- + Competitive, conditioning, mentally & physically draining, teaches aggressiveness, works on baserunning, works on defense, cuts n relays, communication, and hitting.



Competitive Practice Games – Royal Dirtbags

- + Competitive baserunning game working on dirtball reads and catchers blocking, popping, and throwing.
- + 2 teams of 6-8 players. 1 on defense and 1 baserunning. Play 1-3 innings of 12-15 dirtballs per inning.
- + 2+ baserunners per base, so they are ready right away for next pitch (bases loaded)
*All players act as if they are only one on base.
- + Coach or player pitching on the mound. (mix in strikes and dirtballs)
 - + Baserunners cannot advance on a *non dirtball*, but can get picked (-3)
- + Team gets 1 point per each base they get & -1 pt for each time they are thrown out.

ROYAL BUNT SCRIMMAGE



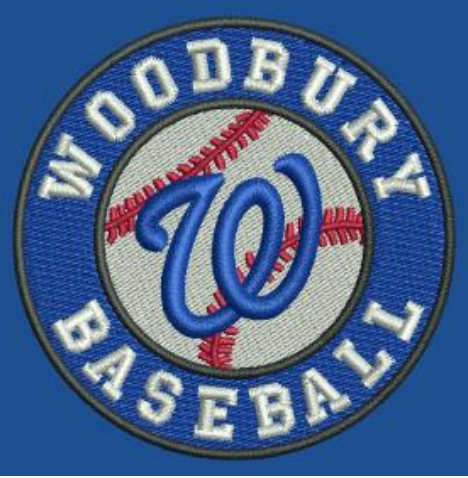
TEAM 1						TEAM 2						TEAM 3						
PLAYER	AB	POINTS	AB	POINTS	AB	POINTS	PLAYER	AB	POINTS	AB	POINTS	AB	POINTS	PLAYER	AB	POINTS	AB	POINTS
DEFENSIVE TEAM POINTS						DEFENSIVE TEAM POINTS						DEFENSIVE TEAM POINTS						

SCOREBOARD								POINT SYSTEM	
	INNING 1	INNING 2	INNING 3	TOTAL	INNING 1	INNING 2	INNING 3	TOTAL	
TEAM 1									Play 4 outs per inning Every Base Earned +1 2 Foul Balls or Misses = -2
TEAM 2									
TEAM 3									

RULES - Everyone in the order bunts once per inning		
Start with Runner on 1st Base	Machine is behind mound	Popped Up Bunt = -2
1st base is 80' away	Defense can't charge until batter squares	Run Scores = +2
All the other bases are regular 90'	Pitcher is on either side of the mound	
Mark off where runners must start	Play with 3 Teams – OF's are used to back up	
Mark off where fielders must start	Rotation goes: Offense > Bench > Defense	Defense gets Lead Runner = -2



Bunting Scrimmage



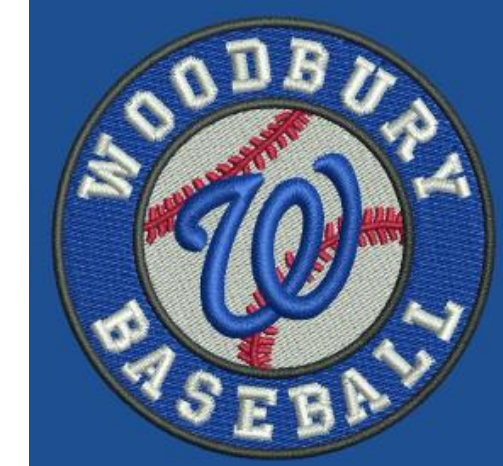
RULES

- Play with 3 Teams – OF's are used to back up
- Play 4 out innings
- Start with Runner on 1st Base
- Runners stay on bases after each play
- 1st base is 80' away (Defense 1B at 90 ft)
- Defense can't charge until batter squares
- All the other bases are regular 90'
- Mark off where runners must start with cones
- Rotation goes: Offense > Bench > Defense

POINT SYSTEM

- Each Base Earned by the Offense = +1
- 2 Foul Balls or 2 misses = -2
- Popped Up Bunt = -2
- Run Scores = +2
- Defense gets Lead Runner = -2
- Mental Error / Doubled Up on Bases = -2
- Non-Hustle = -2

Competitive Practice Games – 2 Strike Lions (It's about mentality)



2 STRIKE LIONS - It's about mentality								
PTS SYSTEM	1/2 POINT	1 POINT	3 POINTS	4 POINTS	5 POINTS	HBP +1	HBP +1	HBP +1
# TIMES MOVED BALL	1-2	3-4	5-6	7	8			
TEAM #1								
Crandall								
Dittrich								
Gessner								
Kopp								
PTS SYSTEM	1/2 POINT	1 POINT	3 POINTS	4 POINTS	5 POINTS	HBP +1	HBP +1	HBP +1
# TIMES MOVED BALL	1-2	3-4	5-6	7	8			
TEAM #2								
Markfort								
Haugen								
LaMott								
Malec								
PTS SYSTEM	1/2 POINT	1 POINT	3 POINTS	4 POINTS	5 POINTS	HBP +1	HBP +1	HBP +1
# TIMES MOVED BALL	1-2	3-4	5-6	7	8			
TEAM #3								
Gerlach								
Wagner								
Kiel								
Griffen								
PTS SYSTEM	1/2 POINT	1 POINT	3 POINTS	4 POINTS	5 POINTS	HBP +1	HBP +1	HBP +1
# TIMES MOVED BALL	1-2	3-4	5-6	7	8			
TEAM #4								
Larsen								
Huffer								
Schultz-Kurtti								
Lunemann								

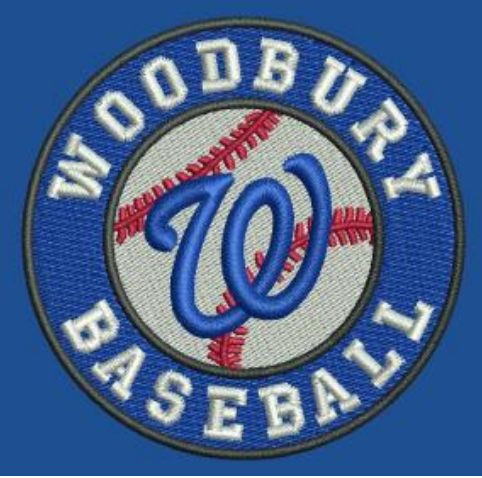




2 Strike Lions - Fight to Win the Next Pitch (WHATEVER IT TAKES)

PTS SYSTEM	1/2 POINT	1 POINT	3 POINTS	4 POINTS	5 POINTS	HBP +1	HBP +1	HBP +1
# TIMES MOVED BALL	1-2	3-4	5-6	7	8			
TEAM #1								
Crandall								
Dittrich			<p>-Pitching at 40 ft and trying to strike them out (fastball, Change, Curve) -Foul balls count as moving the ball. -Teaching kids to get handsy and tough</p>					
Gessner								
Kopp								

Competitive Practice Games – Royals BP (hitting / baserunning / defense)



COMPETITIVE HITTING SCORING & BASERUNNING								
1 pt- bunt down in fair territory, 2 nd one has to move him up (2)								
1 pt – Backside Barrel oppo side of 2B (2)								
2 pt – Move him over (2)								
2 pts – Score him runner on 2B (2)								
2 pts – Score him runner on 3B (2)								
(any double up on linedrives/pop up bunts/or pick offs is -5)								
	ROUNDS							
TEAMS	Bunts (2)	Backside (2)	Move him (1)	2 strikes (2)	Score him 2(1)	Score him 3 (1)	LD/GB (2)	Free hit (1)
<u>TEAM 1A</u>								
Huffer 1B								
Kiel 2B								
Haugen LF								
Wagner C								
<u>TEAM 1B</u>								
Crandall 3B								
K Larsen SS								
Hedges CF								
Schultz RF								
	Bunts (2)	Backside (2)	Move him (1)	2 strikes (2)	Score him 2(1)	Score him 3 (1)	LD/GB (2)	Free hit (1)
<u>TEAM 2A</u>								
Dittrich CF								
Gerlach LF								
Markfort 1B								
Chirhart SS								
<u>TEAM 2B</u>								
LaMott 2B/LF								
Griffin 3B								
Gessner RF								
Malec RF/2B								



ROYALS BP - COMPETITIVE HITTING SCORING & BASERUNNING

1 pt- bunt down in fair territory, 2nd one has to move him up
(2)

1 pt – Backside Barrel oppo side of 2B (2)

1 pt – Move him over (2)

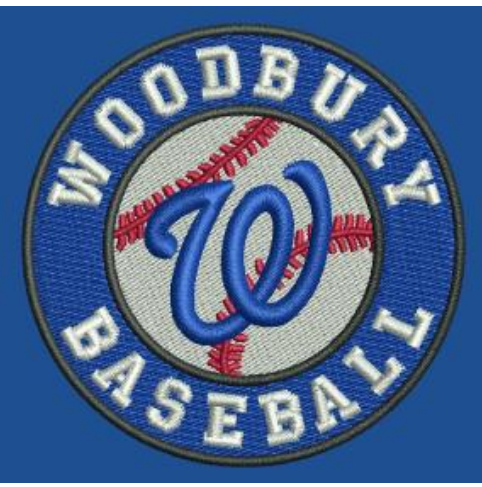
1 pt – Score him runner on 2B (2)

1 pt – Score him runner on 3B (2)

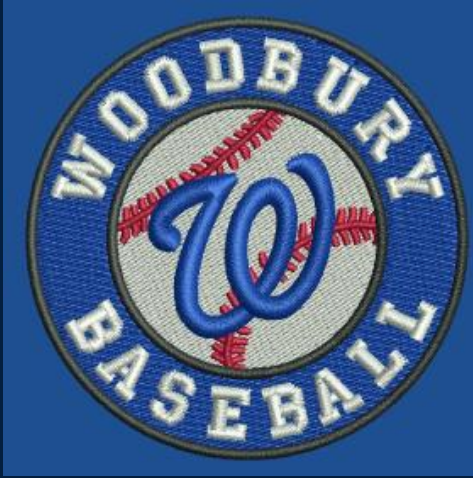
(any double up on linedrives/pop up bunts/or pick offs is -5)

	BASERUNNER LIVE		BASERUNNER LIVE		BASERUNNER LIVE			
TEAMS	Bunts (2)	Backside (2)	Move him (1)	2 strikes (2)	Score him 2(1)	Score him 3 (1)	LD/GB (2)	Free hit (1)
TEAM 1A	-		-		-		-	
Huffer 1B								
Kiel 2B								
Haugen LF								
Wagner C								
TEAM 1B								
Crandall 3B								
K Larsen SS								
Hedges CF								
Schultz RF								

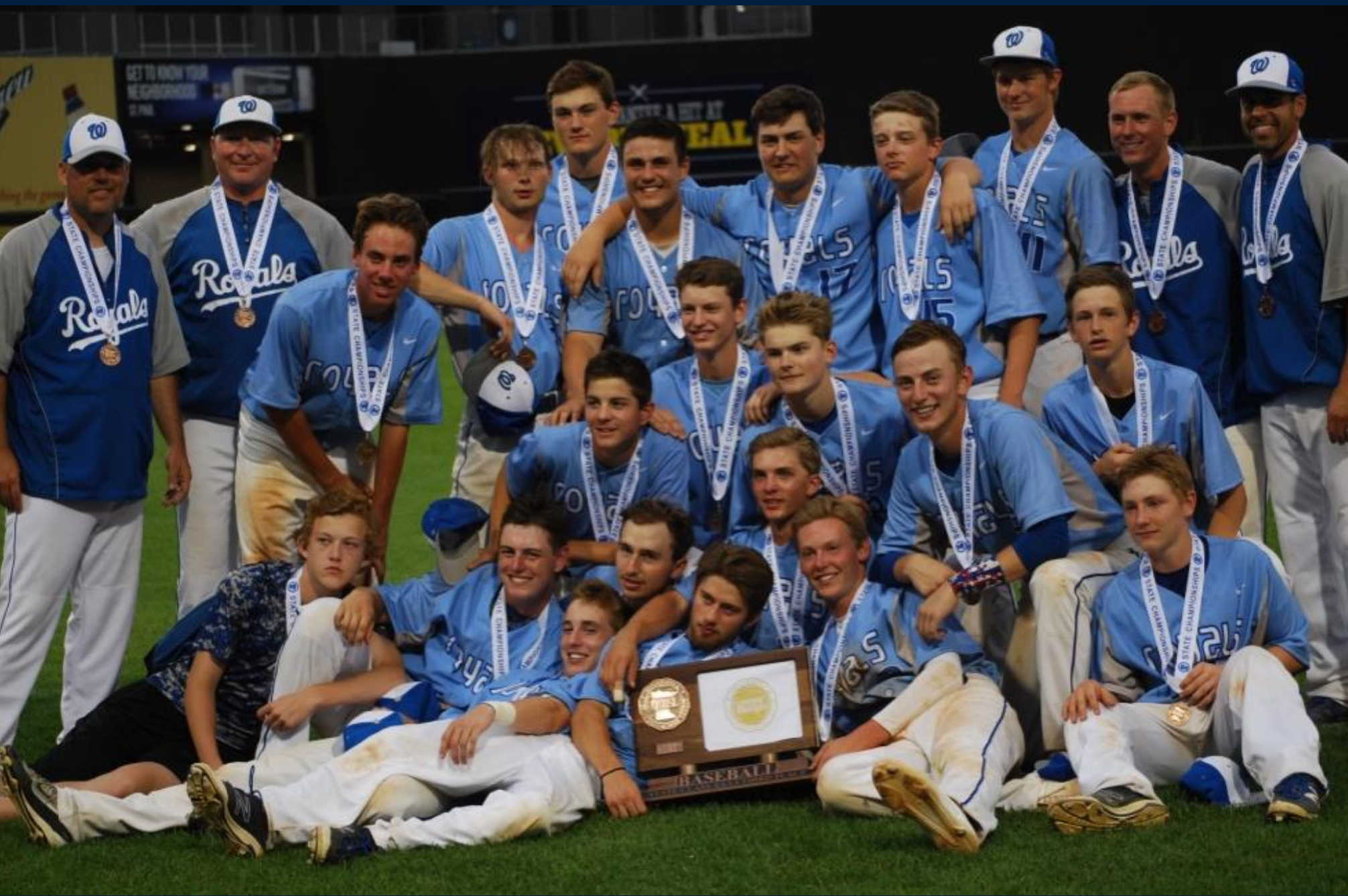
Competitive Practice Games – 21 Outs



- + All players on defense (extras rotate in and take a knee behind play when not up) – coach hits fungo & yells out situation.
- + Goal = Get 21 straight outs (7 innings) without an error.
- + When error is made they go back to zero.
 - + Pressure builds as they get closer to 21 outs, and you can check players mental toughness to make plays with pressure.
- + Set the clock and give them a time goal, or make them beat the time from the previous time playing.
- + Meet the goal or run, or run per error.



V. COMPETING IN GAMES

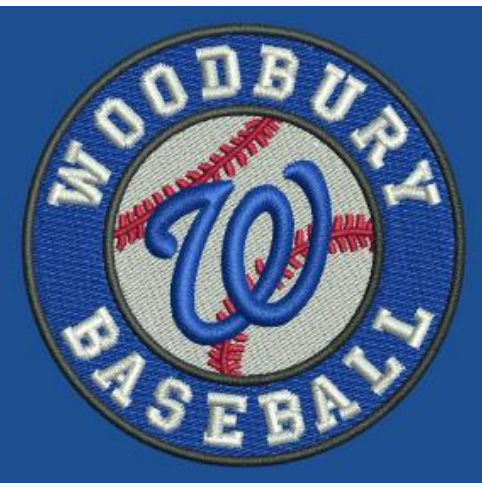




Competing in the Games

- + Play to our Core Values, Apply Pressure & Win the Next Pitch!
- + 2 Rules to set our mentality:
 - + Sprint on and off the field
 - + Up on offense





Playing the Game within the Game

- + We Guys vs. Me Guys – unselfish offensive players and play
- + 2 faces of our competitive mentality
 - + #1) You vs You – winning with positive self talk and moving onto the next pitch. **Nothing without a heartbeat beats us!**
 - + #2) You vs them – winning the 1 on 1 battle (take it personal)
 - + Whatever it takes vs. best shot
- + Process over Results – Promote unselfish play
 - + QAB's, TPI, & Pitch Charts
 - + WIN THE NEXT PITCH!





QAB (Quality At Bat)

+ Focuses on process over results – team impact, selfless AB's (Goal = 60%)

+ Criteria

- + 1) Hard hit ball
- + 2) Walk
- + 3) Hit by Pitch
- + 4) Move Runners with no outs
- + 5) Score runner from 3rd with less than 2 outs
- + 6) Hit
- + 7) 6 pitch at bat not ending in a K
- + 8) 9 pitch at bat even ending in a K
- + 9) Catcher's Interference



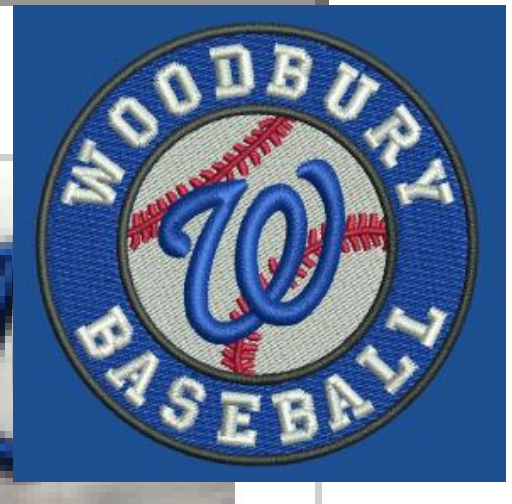
+ Very intentional with our focus and our QAB Goals, since 2013

- + HBP's – 2011=7 (record 4-17), 2012=14 (record 9-13), 2013=12 (record 11-10),
2014=27(17-8), 2015=32(14-9), 2016=27(23-4), 2017=29(17-10),
2018=36(14-11), 2019=39(20-6), 2021=49(16-8), 2022=38(15-9),
2023=22(14-9), 2024=33(13-11), 2025=48(13-11)

HOME or AWAY

OPPONENT: _____

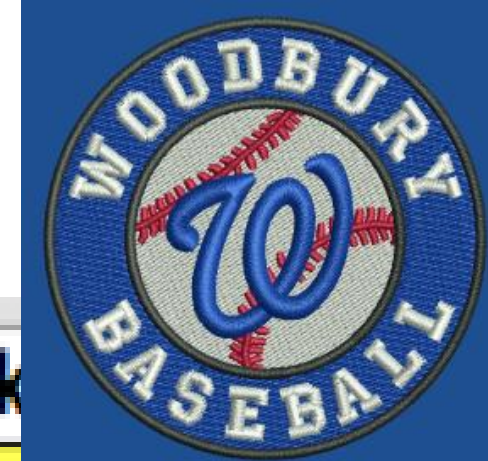
PITCHER(S): _____



ROYALS QUALITY AB CHART

NAME	1st	2nd	3rd	4th	5th	6th	TOTAL	QUALITY ABS
								1) Hard Hit Ball
								2) Walk
								3) HBP
								4) Move Runner on 2B w/ no outs
								5) Score runner on 3rd, less than 2 outs
								6) Base Hit
								7) 6 pitch at bat, no K
								8) 9 pitch at bat, even with a K
								9) Catcher's Interference

QAB (Quality At Bat %) Spreadsheet



		Sibley		STA		Prior Lake		East Ridge		Roseville		Cretin		Hudson		Park	
AVERAGE	PLAYER	QAB	AB	QAB	AB	QAB	AB	QAB	AB	QAB	AB	QAB	AB	QAB	AB	QAB	AB
0.4483	Weil	2	3	1	3	2	3	0	5	2	4	1	3	0	1		
0.5309	Welch	2	3	0	3	2	3	3	5	3	4	4	4	3	4	0	4
0.64	Seb	2	3	3	3	3	3	4	4	2	4	1	4	3	4	3	4
0.5694	Mundahl	1	3	0	3	3	3	2	4	3	4	3	4	1	4	2	4
0.4789	Dickey	1	3	1	2	2	3	1	4	0	4	1	4	2	4	2	3
0.6184	Sweeney	2	2	2	2	0	3	1	4	2	4	2	4	2	4	1	4
0.4559	Kohlbeck	2	3	2	2	0	3	1	4	1	4	0	3	3	4	2	3
0.45	Wilkerson	0	3	2	2	1	3	2	4	2	3	2	3	1	4	2	3
0.375	Newman	0	2	0	2	2	3									1	2
0.6515	Gehrt	2	2	1	2	3	3	2	4	3	3	1	3			3	4
0.3529	Glunz	1	1	1	2	1	3					0	1	1	4	0	1
0.2857	Invie	1	1	0	2	1	2										
0	B. Paulson																
0.4	Jacobson	1	1	1	2	1	2									0	1
0.1667	Bornholtz			1	2	0	2										
0.56	Jacobs	0	1			1	1										
0.641	Max Meyer					1	1										



BA vs. QAB Impact

	<u>QAB</u>	<u>AVE</u>	<u>Contageous Energy</u>
1)Hard Hit Ball	UP	UP/DOWN	UP
2)Walk	UP	SAME	UP
3)HBP	UP	SAME	UP
4)Move runner at 2B w/no outs	UP	DOWN	UP
5)Score runner from 3B, less than 2 outs	UP	SAME/DOWN	UP
6)Base Hit	UP	UP	UP
7) 6 pitch at bat, no K	UP	DOWN	UP
8) 9 pitch at bat, even with a K	UP	DOWN	UP
9) Catcher's Interference	UP	SAME	UP

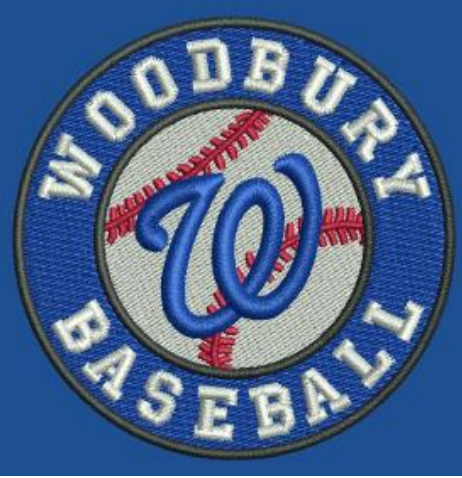
+ Maybe 2 out of 9 raises Average, all 9 raises QAB and chances to win.

WHS TEAM PROCESS INDEX

Opponent _____

Date _____

WHS ROYALS



FREEBIES

GOAL = 48 Pts.

Our Errors	Opponent Errors	Difference

Our BB/HBP	Opponent BB/HBP	Difference

Our Ks	Opponent Ks	Difference

Our SB	Opponent SB	Difference

Our Freebies	Opponent	Total Points

BASE2

Big Inning	0 Points	10 Points
------------	----------	-----------

Answer Back	0 Points	10 Points
-------------	----------	-----------

Score First	0 Points	10 Points
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Extend Lead	0 Points	10 Points
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Score With 2	0 Points	10 Points
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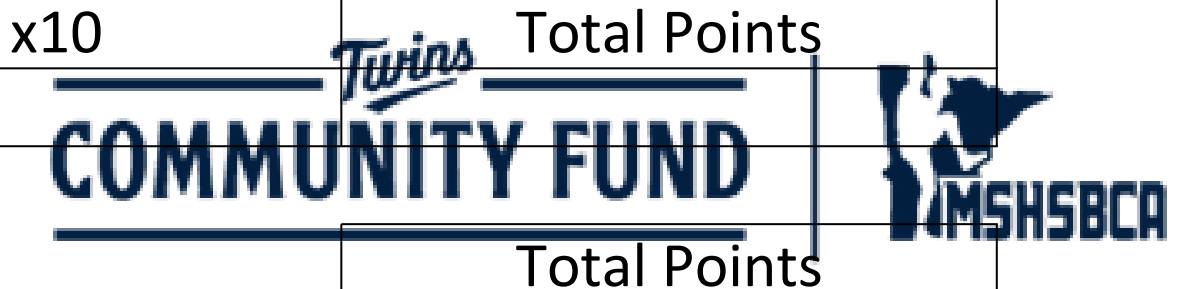
BASE2	x 10 Each	Total Points

QAB's

Up to 10 Points

QABs	Total AB	QAB %

QAB %	x10	Total Points



Total Points

TPI Spreadsheet – Goal 48pts.



TEAM PROCESS INDEX - 2016	SEASON TOTAL	AVG	Tartan	RF	MV	WBL	ER	Roseville	CDH
Error Differential	0	#DIV/0!							
Walk/HBP Differential	0	#DIV/0!							
Strikeout Differential	0	#DIV/0!							
SB Differential	0	#DIV/0!							
Big Inning	0	#DIV/0!							
Answer Back	0	#DIV/0!							
Score 1st	0	#DIV/0!							
Extend the Lead	0	#DIV/0!							
Score With 2 Outs	0	#DIV/0!							
QAB Percentage	0	#DIV/0!							
TOTAL			0	0	0	0	0	0	0
W/L									
OVERALL									





Getting on Base Wins

SEASON: HIT BY PITCH

HIT BY PITCH	TEAM	YEAR
54	Esko	2022
52	Springfield	2004
49	Woodbury	2021
46	Springfield	2007
43	Wabasso	2008
43	Rogers	2022
41	Zumbrota-Mazeppa	2008
41	Mankato Loyola	2007
39	Woodbury	2019
38	Rogers	2021

WHS HBP's By Season

2015 - 32 HBP / 85 BB Our Ps 20HBP/46BB
 2016 - 27 HBP / 100 BB Our Ps 16HBP/62BB
 2017 - 29 HBP / 84 BB Our Ps 22HBP/66BB
 2018 - 36 HBP / 75 BB Our Ps 24HBP/73BB
 2019 - **39 HBP** / 99 BB Our Ps 17HBP/53BB
 2021 - **49 HBP** / 82 BB Our Ps 19HBP/84BB
 2022 - **38 HBP** / 80 BB Our Ps 17HBP/54BB
 2023 - 22HBP / 110BB Our Ps 8HBP/78BB
 2024 - 33HBP / 80BB Our Ps 21HBP/73BB
 2025 - **48HBP** / 89BB Our Ps 12HBP/80BB



TOTAL 353HBP/884BB Our Ps 166HBP/669BB

187 MORE HBPs / 215 MORE BB's = 402 more baserunners

*Getting on base matters!!!! Getting on base wins!!!

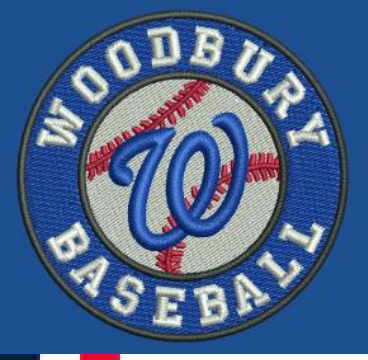




Winning the Freebie Wars

2015 - OUR SB's	32	OPPONENTS SB's	16	+16
2016 - OUR SB's	39	OPPONENTS SB's	8	+31
2017 - OUR SB's	44	OPPONENTS SB's	11	+33
2018 - OUR SB's	56	OPPONENTS SB's	17	+39
2019 - OUR SB's	38	OPPONENTS SB's	17	+21
2021 - OUR SB's	34	OPPONENTS SB's	15	+19
2022 -OUR SB's	37	OPPONENTS SB's	15	+22
2023 -OUR SB's	68	OPPONENTS SB's	25	+43
2024 -OUR SB's	34	OPPONENTS SB's	23	+11
2025 -OUR SB's	46	OPPONENTS SB's	24	+22
TOTALS = SB's	428	OPP SB's	171	+257



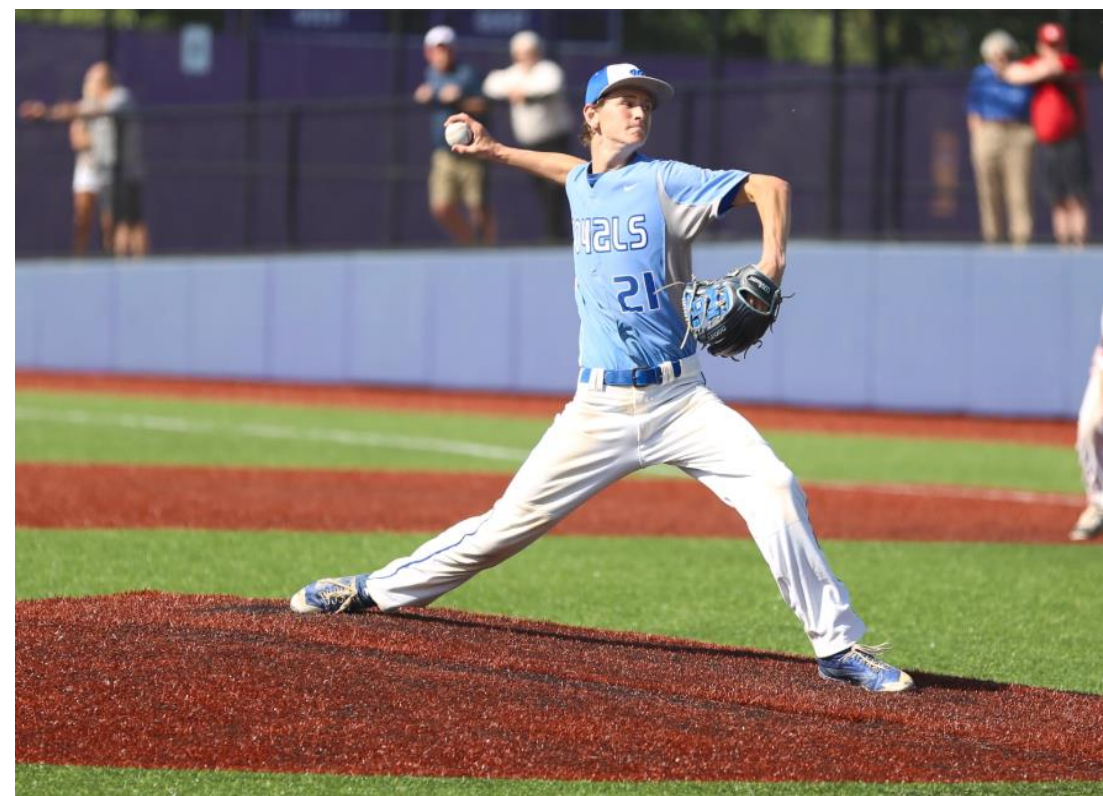


Pitching Charts & Defensive Goals

- + Pitchers Goals and Stats Tracked
 - + 65% 1st pitch strike
 - + 65% 2 out of 3 strikes
 - + Less than 15 pitch innings



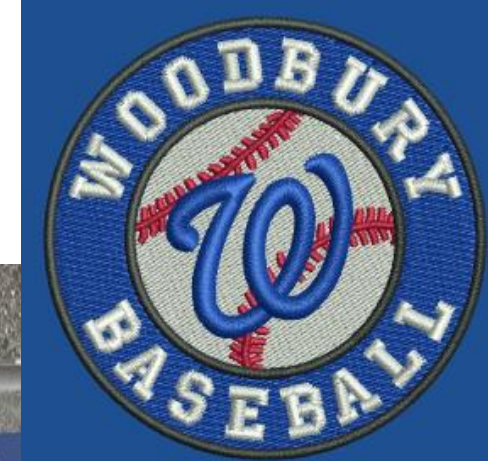
*95% Fielding Percentage is our goal
(It's what championship caliber teams do)



Twins
COMMUNITY FUND



Honor Boards



WOODBURY HIGH SCHOOL
ROYALS BASEBALL

ROYALS D1 COLLEGE PLAYERS

998 JAY SWANSSON - BUTLER UNIVERSITY
999 RYAN LUNDERVOLD - BUTLER UNIVERSITY
004 TYLER KIPKE - CENTRAL MICHIGAN UNIVERSITY
010 COLIN KEEFE - PENN STATE UNIVERSITY
012 RYAN FRITZE - VALPARAISO UNIVERSITY
016 SEBASTIAN HOLTE-MANCERA - UNIVERSITY OF MARYLAND
017 MAX MEYER - UNIVERSITY OF MINNESOTA
017 RONALD SWEENEY III - UNIVERSITY OF MINNESOTA
019 ADAM MAZUR - UNIVERSITY OF IOWA
020 BROCK RINEHART - SOUTH DAKOTA STATE UNIVERSITY
021 SAM MALEC - UNIVERSITY OF MINNESOTA
021 REISS CALVIN - UNIVERSITY OF CAL-SANTA BARBARA
024 LUCAS MCNELLIS - UNIVERSITY OF ST. THOMAS
025 JACK GESSNER - UNIVERSITY OF ILLINOIS AT CHICAGO

WOODBURY HIGH SCHOOL
ROYALS BASEBALL

QAB CHAMPIONS

2014 LOGAN WELCH - 71%
2015 NICK GEHRT - 65%
2016 RONALD SWEENEY III - 79%
2017 MAX MEYER & RONALD SWEENEY III - 64%
2018 RODNEY ERICKSON - 59%
2019 BROCK RINEHART - 68%
2020 COVID (NO SEASON)
2021 COLE ERICKSON - 68%
2022 PIERCE GRITZMAKER - 73%
2023 JOEY MOELLER - 64%
2024 LUCAS MCNELLIS - 57%
2025
2026
2027

WOODBURY HIGH SCHOOL
ROYALS BASEBALL

ROYAL AWARD

2004 STEVE GREAVU
2005 KIRK ENGRAM
2006 JEFFREY HILLIARD
2007 MITCH WILLETT
2008 ANDREW STOFFEL
2009 KYLE KRONFORST
2010 JASON EDDY
2011 AUSTIN FLEISCHHACKER
2012 STEVEN FINGLETON
2013 RYAN SCANLON & JOSH SHARP
2014 NICK KROPILOSKI & NICK YOCHUM
2015 DAN BORNHOLTZ & MAX NEWMAN
2016 NICK GEHRT
2017 ANDREW PAPE
2018 JOE KAMINSKI
2019 ADAM MAZUR
2020 QUINN KRUEGER & JOSH DAVIS
2021 BLAKE WASHENBERGER
2022 BRAYDEN MISHACOFF & NOLAN DROSSEL
2023 K. CARLSON, E. PROKOPEC, J. MOELLER
2024 LUCAS MCNELLIS
2025
2026
2027
2028
2029
2030
2031
2032
2033
2034
2035
2036

WOODBURY HIGH SCHOOL
ROYALS BASEBALL

1ST PITCH K CHAMPION

2014 BEN MEYER - 64%
2015 JAKE DICKMEYER - 68%
2016 MAX MEYER - 60%
2017 MAX MEYER - 64%
2018 MAX RODE - 65%
2019 ADAM MAZUR & RILEY FRISK - 64%
2020 COVID (NO SEASON)
2021 JUSTIN DANLEY - 63%
2022 PIERCE GRITZMAKER - 70%
2023 JJ MINOR - 65%
2024 GEORGE BJELLOS - 69%
2025
2026
2027
2028

WOODBURY HIGH SCHOOL
ROYALS BASEBALL

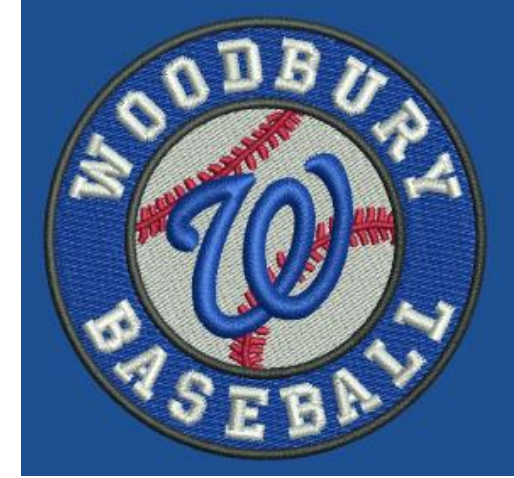
ROYALS IN THE PROS

2012 RYAN FRITZE - AZ DIAMONDBACKS - FA
2017 MAX MEYER - MIAMI MARLINS - 1ST Rd
2019 ADAM MAZUR - SAN DIEGO PADRES - 2ND Rd





Contact with Questions



OVERALL GOAL: Develop mentally tough, competitive players that are prepared for success on and off the field.

Play with Royal Mentality (Let's Hunt)- Lion Mentality - 3 min

Feel free to contact us with any questions.

- + We will email you documents, spreadsheets, videoclips, or answer any questions
- + Kevin McDermott – kmcdermo@sowashco.org
- + Justin Feldkamp – jfeldkam@sowashco.org

