

Perfect Game Nationals
Mentoring Program

Showcase & Recruiting
Fast Track Developmental

Academy Skill Nights
With Upper Division

NOCA BASEBALL 13U 2019 FALL & SUMMER 2020

PROFESSIONAL
FACULTY

TOOLS & BIOMECHANICAL
DEVELOPMENT

60/90
COACHING

ARE YOU READY FOR 60/90?

NOCA 13U is a Professionally Coached Multi-Instructor Elite Player Development Program requiring players and parents to have a Long Term Perspective. We use the Fall to learn **The 60/90 Game**, **Introduce Recruiting & Showcasing**, and **Discover Individual Deficiencies** through our own **Defensive Movements Program**, **Professional Hitting Builds**, & **Arm Strength Regimens**. We are inclusive of **Other Sports**, leverage Athletic Prowess to transfer in to **Academic Excellence**, and have a **Proven Model of Legitimate Development**.

Tryout/Workout: Private Tryout/Workouts Only. **Tryout/Workout Requests** need to be sent to info@nocabaseball.com. or call **Brandon Rousseve at 504-813-0041**.

There will be **NO Cattle-Call Tryout**. All Inquiries will receive a **Response Email** and **Phone Call** within 24 hrs.

NOCA'S 13U FALL PROGRAM

13's receive unmatched Education in Performance, Biomechanics, & 60/90 Game Coaching. We play inside our own Closed Circuit during the Fall. This simply means Players can easily **play other sports** and advantage of Fall Programs.

Academy Nights on Wednesdays (see below)	Multiple Professional Coaches & Instructors
Fall Weekend Games: (1) on Saturday, (1) on Sunday	PBR Showcase Included
Baseline Showcase Workout with Tools Measurement	Proven Velocity Enhancement & Batspeed Regimens
College Coaches, NOCA Faculty, Guest Instructors	Defensive Specialist Training

Cost for Fall: \$450

FALL ACADEMY NIGHTS

Included in your Fall Fee. Player's choose their curriculum. Our 13's will be the youngest participants. 13's-18's.

(4) Wednesday Sessions, 7:30pm-9:00pm	Middle Infield, Corner Infield, Catchers, Outfield
Begins September 11th	Instructors are Specialists in each area
The ReActive Arm Program	Offspeed Development Program
(3) Specialty Stations each Night	Professional Hitting Builds

NOCA 13'S SPRING-SUMMER 2020

NOCA SELECT 13U will compete in Summer Regional and National Events. NOCA will also create **NOCA BLACK 13U** and **NOCA GOLD 13U** to play in the standard 13U Travel Ball Venues. Players will be eligible to move freely on multiple NOCA Rosters as NOCA Select will play in fewer events that do not offer Roster Conflicts.

Spring & Summer Weekly Practices	Professional Head Coaches
Host Event vs NOCA 14's (Tune Up)	13U Director: Brandon Rousseve
Perfect Game National Events	Multiple Teams/Rosters
60/90 & 54/80	Summer Travel Ball Events

NOCA Faculty includes Joey Cabeceiras, Brandon Rousseve, Kenny Francinques, Frank Cazeaux, Johnny Collins, JimCueto, Kyle Walther, Tim Collins, and more. Details on **NOCA's College Venue Program**, **NOCA Select Teams**, **NOCA Youth Travel Teams (11U & 12U)**, **Private Instruction**, & **Specialty Products** at

www.nocabaseball.com

Bullet Points for NOCA 13U: *When We Train, How We Play, How We Train*

- **Fall PBR Showcase** Included to establish **Online Player Profile**.
- **Tools Measurements & Showcases**. Get a Baseline on your current Tools. 60 Time, POP Time, Arm Velocities from Defensive Positions, Exit Velocities on Batspeed, and other Scouting Measurements.
- **NOCA's Older Players**. Our 13's will mingle with our Older NOCA Players. This is intentional and provides the ultimate Mentor-Mentee environment.
- **NOCA's Faculty** will also be at Academy Nights to serve as Coaches/Instructors
- Older NOCA Players & NOCA Faculty will also be at Games/Practices to serve as Coaches/Instructors
- **Big Brother-Little Brother Mentoring Program**
- Perfect Game National Event for 13's and 14's
- **Wednesday Academy Night with the Older Players and NOCA's Faculty**
- Weekday Training offerings during the Fall/Winter
- **Winter Speed & Agility Program**
- **Fall Weekend Live Games at 60/90** focuses on Situations, Game Speed Forecasting, and Proper Strategy.
- Big Easy Sportsplex Family Membership Package
- **Summer Travel Team Rosters**

Play other sports and enjoy the different seasons. Having a Baseball Plan and being dedicated doesn't mean you're crazy. They're now 13, so let's **Teach Real Baseball!** NOCA will offer multiple resources during the calendar year for our 13's to take advantage. We use the good weather during the Fall to teach and expose as much as we can on 60/90. We then shift in to pure Training over the Winter. And then we create 13U Travel Teams to play in the Spring & Summer.

Developmental Regimens for NOCA 13U:

What You'll Learn

- **Hitting**. Mechanics to Movements Program, Kinematic Sequencing, Timing Awareness, Pitch Recognition, Balance & Posture, Directional Reactions, Tempo Generation, and Count Awareness.
- **Defense**. NOCA has Instructors that are Defensive Specialists at each position. Former & Current Professional Players, College Players, & High School Players. Literally, we teach the dynamics for each specific position.
- **Pitching**. Over 60 Orthopedists refer throwers to NOCA Instructors for Mechanical Diagnostics & Biomechanical Training. Velocity Enhancement & Arm Care are pillars inside of NOCA. Don't take those 12U Bad Habits forward. ***The ReActive Arm Program*** is our latest Arm Strength & Arm Care Program.
- **Coaching & Development**. Brandon Rousseve directs our 13's this year. You won't find a better developer and you won't find more resources. NOCA also exposes all of our players to all of our Coaches.
- **Recruiting**. An intimate understanding of which events and which programs to enroll. NOCA educates our Players and Families on the extremely difficult and confusing world of College Baseball Recruiting.
- **Training**. A first class state of the art facility is now accompanied by Older Players and Coaches that teach and Mentor throughout numerous Programs. You'll train Smarter and specific to your Needs.

Email us at info@nocabaseball.com or call **Brandon Rousseve 504-813-0041**

Get Started Now! Learn from Players and Parents already involved.

Visit www.nocabaseball.com to see more about ***NOCA Baseball***.