

Perfect Game's Super 25
Mentoring Program

Fall "Play Up"
Fast Track Developmental

Academy Skill Nights
With Upper Division

NOCA BASEBALL 13U
2018 FALL/2019 SUMMER

PROFESSIONAL
FACULTY

TOOLS & BIOMECHANICAL
DEVELOPMENT

60/90

COACHING

Are You Ready To Graduate To 60/90?

NOCA 13U is a Professionally Coached Multi-Instructor Elite Player Development Program requiring mature players and a Long Term Perspective from parents. Our 13's **Practice** with and **Play Against** Older Players, learn **The 60/90 Game** with **BBCOR & Wood Bats, Chart & Discover Individual Deficiencies**. NOCA owns a Customized Hitting & Arm Strength Regimen. Join a **Baseball Recruiting Program** that is inclusive of **Other Sports, Academic Excellence**, and has a **Proven Model for Tools Development**.

Tryout/Workout: Private Tryout/Workouts to be held **August 8th - August 29th**.

Tryout/Workout Requests need to be sent to info@nocabaseball.com.

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

Graduate from that Little Diamond! NOCA's 13's receive unmatched Education in Performance, Biomechanics, & 60/90 Game Coaching. This simply means Players can easily **play other sports** and advantage of Fall Programs.

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| Academy Nights on Wednesdays (see below) | Multiple Professional Coaches & Instructors |
| Live Weekend Games vs Older Players | BBCOR & Wood, -5 Bats in Specific Games |
| 13's Showcase Workout with Tools Measurement | Proven Velocity Enhancement & Batspeed Regimens |
| College Coaches, NOCA Faculty, Guest Instructors | Self-Coaching & Adjustment Regimen |

(5) NOCA's Academy Nights at Big Easy Sportsplex

Player's choose their curriculum. Not Mandatory to Attend. Our 13's will be the youngest participants. 13's-18's.

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| (5) Wednesday 7:30pm Sessions | Middle Infield, Corner Infield, Catchers, Outfield |
| Begins 2 nd Week of September | Instructors are Specialists in each area |
| Velocity Enhancement Program/Arm Care Regimen | Offspeed Development Program |
| (4) Stations each Night. Players choose curriculum. | Hitting Builds |

NOCA SELECT 13U (Spring/Summer)

NOCA Select is where the best at each Age Division comes together to compete in Regional and National Showcase Events. The best players from every region are here. NOCA Select 13U will play in (8) Summer Events.

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| Mentors at Practices | Professional Head Coach |
| Fall Host Event vs 14's | Wood Bat Events |
| Perfect Game's Super 25 Summer Event (July) | 13U Specific Summer Events |
| Play 60/90 in 14U Majors Division | Perfect Game's 15U World Wood Bat in May |

NOCA Faculty includes Joey Cabeceiras, Brandon Rousseve, Kenny Francinques, Nick Monica, Wayne Stein, Kyle Walther, Johnny Collins, JimCueto, Adam Ravaglia, and more. Details on **NOCA's College Venue Program, NOCA Select Teams, NOCA Youth Travel Teams (10U & 11U), Private Instruction, & Specialty Products** at

www.nocabaseball.com

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

- **College Baseball Coaches** at Weekend Workouts to Assess and Instruct Showcase Movements.
- **Tools Measurements & Showcase.** 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 has tremendous 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 Championship Tournament for 13's. The best 13U Tournament and NOCA has a Bid.
- **Wednesday Academy Night with the Older Players and NOCA's Faculty**
- Weekday Training offerings during the Fall/Winter
- **Weekend Live Games at 60/90** in the Fall to focus on Situations, Game Speed Forecasting, and Proper Strategy.
- Big Easy Sportsplex Family Membership Package

Play other sports and enjoy the different seasons. Having a plan and being dedicated doesn't mean being crazy. They're 13, so can we finally **Teach Real Baseball!** NOCA will offer multiple resources during the calendar year for folks to take advantage. We use the good weather during the Fall to teach and expose as much as we can. We'll get after tournaments and play a Tournament Baseball Schedule in the Spring & Summer.

Developmental Regimens for NOCA 9U: *What You'll Learn*

- **Hitting.** Mechanics Program, Biomechanics Regimen, 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. Give us your 13 Year Old and let's get that arm right.

You simply won't find this type of program and instruction anywhere else. The attention to details, professionalism, and Mentoring is unsurpassed. Don't spend another year chasing Travel Ball and not learning these dynamics.

Shoot us an email at info@nocabaseball.com. **Come to the next 13U Workout.**

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

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