

Level 1 (Elementary) Baseball Coach Certification Program 2016
24-28 March 2016 Hong Kong

Program Schedule
(updated as at 15 March 2016)

Day	Date (2016)	Time	Learning Topics	Instructor/ Responsible Party
1	Mar 24 (Thur) Olympic House	1900-1915	Program Introduction	Nicky To
		1915-2030	Baseball Specific ◆ Introduction and Theory	Peter Caliendo
		2030-2200	Sports Theory Fundamental (Part 1) ◆ Prevention and Treatment of Sports Injuries ◆ Practical: Prevention Exercises for Throwing ◆ Sports Nutrition and Health	Tom Summers
2	Mar 25 (Fri)	0900-1300 Olympic House (15 minute break)	Sports Theory Fundamental (Part 2) ◇ The Structure of Performance ◇ Components of Performance - include Physiology, the Musculoskeletal Component, Skill Development and Psychology ◇ Subcomponents of Performance - breaks the components down into different subcomponents that can be developed by coaches ◇ Identifying baseball-specific subcomponents for development ◇ Testing and developing subcomponents Coaches Management (Part 1) ◇ Developing a training programme for a season or specific event ◇ Coach management skills	Dennis Whitby
		1500-1800 Olympic House	Coaches Management (Part 2) ◆ Legal Aspect in Sports Coaching ◆ Code of Conduct ◆ Introduction into Practice Organization ◆ Begin fundamentals of hitting with graphics/video	Peter Caliendo

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Baseball Specific				
3	Mar 26 (Sat)	0930-1230 Field	◆ Proper warm ups/ Throwing fundamentals/ Receiving a baseball/ Fielding	Peter Caliendo
		1230-1400	Lunch Break	On your own
	Sai Tso Wan R/G	1400-1500 Cage	◆ Continue hitting/and begin drills	Peter Caliendo
		1500-1800 Field	◆ Base running/Sliding/bunting ◆ Pitching/Pitching drills/Team drills	
4	Mar 27 (Sun)	0930-1230 Field	◆ Individual positions/1b/2nd/SS/Third/Catching	Peter Caliendo
		1230-1400	Lunch Break	On your own
	Sai Tso Wan R/G	1400-1500 Cage	◆ How to correct hitting faults	Peter Caliendo
		1500-1800 Field	◆ Practice Organization/training during games/ Drills game situations	
5	Mar 28 (Mon)	0930-1230 Sai Tso Wan R/G Baseball Field	Baseball Specific Practical Test	Peter Caliendo
		1230-1400	Lunch Break	On your own
		1400	<i>For overseas participants who joined the Hospitality Package, HKBA will provide shuttle bus for travelling between the venues and hotel</i>	HKBA
		1500-1800 Olympic House	Written Test & Review	Peter Caliendo
		1800 Olympic House	Certificate of Attendance Presentation, foods and drinks will be served after the presentation.	HKBA

Remarks: The schedule is subject to change. Changes, if necessary, will be announced on HKBA website and email to the applicants.

Venues

Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong

Sai Tso Wan Recreation Ground, No. 90 Sin Fat Road, Lam Tin, Kowloon

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INSTRUCTORS BIO

Peter Caliendo

Web Site: www.caliendosportsinternational.com

- ✧ Former Team USA Coach
- ✧ President of Caliendo Sports International and part owner of Coaches
- ✧ Video Library an on line coaches training program
- ✧ National and International speaker on the development of training coaches how to train players properly.

Head Coach & Director of Baseball Development

- Belgium Baseball Federation (1995 – present)
- Responsible for National Team (s) Program Re: 2000 Olympics in Australia.
- Responsible for standardizing the National Team (s) baseball development.
- Responsible for the identification, selection and training of all players and coaches.



Dennis Whitby began his career as a physical education teacher in the UK. During this time, he coached a small group of national-level track and field athletes and served as a British team coach. He then left the UK to study at the University of Oregon in the US where he also coached for six years. He was then employed as a coach briefly at the former Jubilee Sports Centre in Shatin before working with the Chinese national team in Beijing for Nike for more than two years. He then returned to coach at Oregon and the University of California, Berkeley. During this time, he coach South Korean and Indonesian athletes as a contract coach for Nike.

In 1991, Dennis returned to Hong Kong to establish the Hong Kong Coach Programme for the Sports Development Board. He was appointed Technical Director and Director of the Hong Kong Sports Institute in 1993 and 1994, respectively. In 1998, he joined the University of Hong Kong where he managed the Centre of Physical Education and Sport and taught on the MSc in Performance programme. From 2005 until 2012, he was Director of SportPlus Ltd in Central, a company that tested and developed endurance athletes. He has taught various courses for HKU-SPACE since 2001 and on the Chinese University MA programme since 2005 in a number of areas, including coaching, management and performance.

Dennis holds a BPE degree from the University of Alberta in Canada, and two masters degrees and a PhD in exercise and movement science, both from the University of Oregon. He is currently writing a book, entitled *Understanding and Developing Performance*.

Tom Summers, CSCS, ASCS, MSc

Web Site: <http://pinnacleperformance.hk/>



Academically Tom has presented on his research into "Physiological Demands of Fast Bowlers in Cricket" and completed his MSc in Sport and Exercise Science with a focus on throwing based athletes, and overhead demands of high speed competition. Practically Tom is the Head of Strength and Conditioning at Pinnacle Performance, a high performance facility in Hong Kong supporting monthly gym members and professional athletes alike. Delivering systems of athlete development across a variety of sports, Tom and his team at Pinnacle provide comprehensive testing, training, and coaching, whilst applying over 15 years of strength and conditioning experience to World Cup winning athletes, international sports teams, and countless amateur athletes.

A Nike Performance Trainer and Ironman himself, Tom offers the experience of how to provide complete athletic development to individuals and teams and will be presenting on the Prevention and Treatment of Sports Injuries, and Sports Nutrition and Health, for the Level 1 Certification Programme.