



Overland Baseball



2025 Pre-Season Informational Newsletter

Coaching Staff

- Mike Bega, Head Baseball Coach
- Nigel Duff, Assistant Varsity Baseball Coach
- Tyler Bame, JV Baseball Head Coach
 - Coach Tyler also works Security at OHS
- JV Assistant Coach–TBD (open position)
- Assistant Coach–TBD (open position)
- Lou Zapanta, Volunteer Baseball Coach

OHS Administration

- Evan Henderson, Athletic Director
 - Mr. Henderson's assistant is Ms. Kadi Mampoya

Upcoming Calendar/Schedule

Wednesday, 1/8/25: First Winter Hitting/Pitching Workout

Thursday, 1/9/25: First Winter Weight Room Workout

Saturday, 2/1/25: Spring Sports Registration Period Opens

Friday, 2/21/25: Last Winter Weight Room Workout

Saturday, 2/22/25: Last Winter Hitting/Pitching Workout

Sunday, 2/23/25: Spring Sports Registration Period Closes

Monday 2/24/25 - Wednesday 2/26/25: Baseball Tryouts

Thursday 2/27/25: Mandatory Player Information Meeting for all rostered players

Friday 2/28/25: Equipment Issue for all rostered players

Saturday, 3/1/25: OHS Baseball Spirit & Picture Day

Monday, 3/4/25: First Official Practice

Date TBD: Applebee's Pancake Breakfast Fundraiser

Tuesday, 3/11/25: First Varsity Game (@ Montbello HS, 4pm)

Winter Workouts

Schedule

- Workouts run from Wednesday 1/8/25 - Saturday 2/22/25
- Hitting and Pitching Workouts: Wednesdays from 4:30pm-6:00pm and Saturdays from 10am-12pm.
 - Held at Legends Baseball & Softball Academy: 1338 S Valentia St, Denver, CO 80247 (about a 10-minute drive from OHS)
- Weight Room Workouts: Mondays, Thursdays, and Fridays from 4pm to 5pm in the OHS Weight Room. (TBD)
- Schedule changes will be communicated ASAP, at least 24 hours in advance when possible
 - We may be outside on the field on any of these days, weather permitting

Cost

Winter/Pre-Season Workouts will be \$150 per player.

- Covers payment to Legends for use of the facility
- Includes both hitting/pitching workouts AND weight room workouts
 - This means that the expectation is you are at both activities
- **Payment plans are accepted!** Please talk to Coach Bega to set up a payment schedule if you anticipate any financial hardships
 - This can include helping with field work once the weather improves
- Payments can be made via cash, check, CashApp, or Venmo
 - CashApp & Venmo codes are available in GroupMe
- Payment or a payment plan must be set up by Saturday, 2/1 at the end of workouts that day. Players with outstanding payments will have a hold placed on their student account.

Player Expectations

- Arrive on time. If you will be absent, late, or need to leave early, please let a coach know ASAP—preferably at least 24 hours in advance—in person or via GroupMe
- Hustle and bring a good attitude. Be respectful of teammates & coaches at all times
- Phones should be in your bag for the duration of workouts.
 - Exception if someone is taking video for you
- No earbuds or headphones during workouts
- Dress Code: closed-toe athletic shoes; shorts/athletic sweatpants; t-shirts should be OHS, Overland Baseball, or white, navy blue, or kelly green; OHS baseball hats if you own one. No red.

Spring Season Information

Spring Season Registration

- Registration opens Saturday, 2/1/25 and closes Sunday, 2/23/25. **You MUST be fully registered by the end of the day on Sunday, 2/23/25.**
 - There will be NO EXCEPTIONS, per Mr. Henderson.
 - This does **not** include your physical. However, you cannot participate in practice or games until you have turned in your up-to-date physical (more details below)
- If you are having difficulty with registration, go see Mr. Henderson or Ms. Kadi in the Athletics Office.

Physicals

- All players need an up-to-date physical to play this spring
 - Physicals are good for one (1) calendar year. For example, if you got one on August 1st, 2024, it is good until August 1st, 2025.
 - Must cover our entire spring season (i.e. will not expire before June 2025)
 - Places to get a physical: King Soopers, urgent care clinics, your doctor, Walgreens. Do NOT go to the Stride Clinic
 - Turn in your physical to Mr. Henderson or Ms. Kadi in the Athletics Office. Do not give it to the coaches

Spring Season Fees & Costs

Note: The prices listed for equipment (shirts, pants, etc) are the prices we charge. You are welcome to purchase any equipment elsewhere, so long as it matches our colors (navy blue, Kelly green, white, grey). If you have any questions about equipment, please do not hesitate to ask the coaching staff.

- OHS Athletic Fee: \$90 (waived if player qualifies for free/reduced lunch)
 - Paid when you register for baseball
- Diamond Club Fee: \$25 (supports concessions stand, field maintenance & equipment costs)
- Overland Baseball T-shirt: \$15 (available in navy blue & Kelly green)
- Overland Baseball Long-Sleeve Shirt: \$20 (available in navy blue & Kelly green)
- Overland Baseball Hats: \$25 each
- Batting Helmet: \$35

Optional Fees

- Baseball pants: \$25 per pair (available in knicker & regular styles)
- Baseball socks: \$5 per pair (available in navy blue & Kelly green)

- Baseball belt: \$7 each (available in navy blue & Kelly green)

Spring Schedule Overview

This is an overview of our spring schedule. More details will be provided at the 2/27 meeting with players.

Games

- can be any day Monday-Saturday
- Weekday games will generally start around 4pm
- Saturday games usually start between 10am-12pm
- Games usually last about 2 hours.

Practices

- will be held any non-game day (Monday-Saturday) from 3:45pm-6pm or dusk, whichever comes first
- in the event of bad weather or field conditions, we will practice in one of the OHS gyms or have a “Chalk Talk” in the locker room or another meeting area at OHS during the same practice window (3:45pm-6pm)

First Practice: Monday, 3/4/25

First Varsity Game: Tuesday, 3/11/25

Last Varsity Game: TBD

Season ends roughly mid-May, depending on if we make the state tournament or not

Academic Eligibility

- All players must be academically eligible in order to participate this season
 - A player is academically eligible if they have one (1) or zero (0) Fs and/or Us.
- Academic eligibility will be determined on a week-by-week basis
 - Grades will be pulled twice a week: Monday mornings and Friday afternoons (roughly 2pm)
 - If a player is academically ineligible (2 or more Fs and/or Us) at the Friday afternoon grade pull, they will be deemed ineligible for the following week (Sunday-Sunday) and will not be allowed to participate in any games during that week
- Players who are ineligible for three (3) consecutive weeks or five (5) weeks total during the season will be dismissed from the Overland Baseball Program
- Any players who had 2 or more Fs and/or Us during the fall semester of this year MUST be eligible by Monday, March 10th, 2025, in order to participate this spring

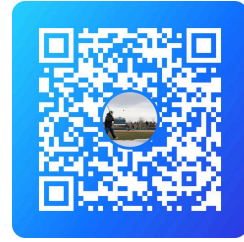
Communication

Players

GroupMe will be our primary form of communication. You can get this on your phone and your computer, so make sure you are in the group and have the app set up ASAP

Pre-Season Group:

https://groupme.com/join_group/104512445/SVhDKFQI



Parents

We will also utilize **GroupMe** to communicate with parents this season. We will share a link after tryouts are concluded for the parent(s)/guardian(s) of the players who make the team. This group will be used primarily for the following purposes:

- Sharing fundraising information
- Sending schedule updates
- Facilitating transportation to/from away games (especially JV)
- Organizing Senior Day and Spirit Day
- Scheduling help for Mrs. Bega in the concessions stand
 - Includes announcing & music responsibilities

24-Hour Rule: The Overland Trailblazers Baseball Program has a strict 24-hour policy. This means that parents/guardians are not to contact any coach or member of the OHS Baseball Staff for 24 hours after the conclusion of any game for any reason. The only exception to this policy is if a player is injured or ill & the parent/guardian(s) need to communicate pertinent information to the coaching staff.

- If you have questions or wish to discuss a topic with the coaching staff, please reach out and schedule a meeting for before or after a practice

2025 Summer Ball

The Overland Baseball program will be offering two levels for summer baseball in 2025. These teams are open to both Overland and non-Overland students.

- Summer season will begin in early June and end in early August
- Both levels will practice 3 times per week (weather permitting)
- Weight lifting workouts will also be available and included in the cost

You can start paying for summer ball or set up a payment plan as early as this meeting. By paying or setting up a payment plan, you are committing to play for us this summer.

18U Tournament Team: open to ages 18 and under (players who will be sophomores, juniors, or seniors at OHS in 2025-26 school year, + 2025 graduates)

- 6-8 tournaments throughout the summer
 - 1-2 of these will be away from OHS, but we will host the majority
- Cost: \$750/player OR \$50/tournament
 - Players who pay by tournament will not be allowed to practice or do weight room workouts without approval from the coaching staff

RBI Jr.: open to ages 14 and under (players who will be freshmen at OHS or younger in 2025-26 school year)

- 15-20 game schedule (not including playoffs)
 - Weekday games start at 4pm, weekend games start at 12pm
 - Can include doubleheaders
 - Games will be around the Denver metro area
- Players will have the opportunity to make the RBI All Star team and travel to a nationwide tournament
- Team will have the opportunity to attend a Rockies game in August & walk around the warning track pre-game
- Cost is free unless you need a hat (\$25)

*Note: if we have enough interested players, we will offer a 16U team as well. This team will play RBI Sr level or Legion Baseball (15-20 games either way), or possibly be a tournament team like the 18U (6-8 tournaments). Cost would be \$250/player or \$50/tournament



OHS Baseball Fundraising



Banners & Scoreboard Slots are available for companies to advertise at Schenbeck Field. This is a great option if you or your company would like to advertise your business and support OHS Baseball at the same time! Reach out to Coach Bega if you are interested: mikebega21@gmail.com or (706)-267-4200

- **Banner:** 4'x8' full-color coroplast sign, imprinted with your choice of advertising
 - 2-year commitment, single upfront payment of \$1,500
 - Renews automatically unless specified in writing you wish to cancel
- **Scoreboard Slot:** Four-year commitment, \$5,000 upfront cost

King Soopers: You can link your King Soopers card to our organization through the following steps. Once this is done, a portion of every purchase you make at King Soopers will be donated to the OHS Baseball program.

1. Click this link to get started:
<https://www.kingsoopers.com/account/dashboard/>.
2. Sign into your King Soopers account. First time users will need to register their card first
3. Scroll down to "Community Rewards" on the left-hand side and click
4. Search for "Overland Baseball" in the "Find an organization" search box and you should see "Cherry Creek School District Overland Baseball" Click enroll and you should be all set
5. Get everyone you know to do this. It is very easy and can add up quickly!

Applebee's Pancake Breakfast: Date TBD, likely a Saturday in March, either 3/8/25 or 3/15/25

Fundraising Events in the works

- Broncos Games
- Rockies Games