

Prospective Sammamish Baseball Families,

Hello, my name is Tim Ahern and I am your new coach. Let me start off by saying I am extremely excited and humbled by this opportunity. I feel like this is a great fit for myself, Sammamish HS, participating student-athletes, and parents of participating student-athletes and have great expectations for the upcoming season and years to come. I would also like to write this letter to address a few things about myself, the program, and off-season training opportunities.

I went to Eastlake High School in Sammamish and upon graduating went to Bellevue Community College to continue playing baseball. After 2 productive seasons at Bellevue Community College and getting a great opportunity to learn about the way a program is supposed to be run under a great coach (Mark Yoshino), I developed myself into a Division-1 prospect. Prior to my sophomore season at Bellevue, I signed a scholarship to play at Texas Tech University. Near the end of my sophomore season, I began having arm problems, which eventually lead to the end of my playing days. When I got to Tech I never got back to where I needed to be but was fortunate enough to be on the team for 2 seasons in a pinch-hitter, outfielder role. I had a great opportunity to experience some of the greatest atmosphere's college baseball has to offer, play for a historic coach (Larry Hays, 3rd winningest coach in college baseball), and learn more about baseball than I ever thought possible. I was very privileged to play for the coaches that I did, and am eager to put the theories and philosophies that I believe work best into my coaching style. I also coach a 16 year old summer team based out of Sammamish.

As for the program, Kingco 3A has lost a few teams this year. Skyline, Newport, and Issaquah are now 4A and Kingco 3A consists of us, Liberty, Bellevue, Mout SI, Mercer Island, Interlake, and Juanita high schools. The schedule consists of playing teams back to back for 2 games switching the home and away team. Then after we play each team twice we will cycle through each team one more time. We (I) are/am very fortunate to have the staff that we have on board with us this season, and again I cannot wait for March to come so we can get started!

Off- season training:

We are going to have two different times for players to get an edge:

1st: Wednesday afternoons from 1:30-3:30 starting December 3rd, the Diamond Club (Booster club) has rented out The Old Ballyard (a hitting facility) for guys to get a chance to get some indoor practice. Players do not have to pay to attend these sessions and it is strongly encouraged that guys take advantage of this opportunity to get their reps in. These workouts are baseball specific which means I will have no involvement with them. They will be run by Rich Minice and if you have any questions you can contact Rich at Rich@alliedbody.com.

2nd: Monday nights at 6:00PM starting December 8th I will be running a strength and conditioning program in the Sammamish HS weight room. Again, players are encouraged to attend these and it will also give me an opportunity to get to know some of the guys.

NOTE: Students who play a winter sport need to focus on that sport! If you have the time and energy to join us you are more than welcome, but it is basketball/wrestling season and guys should focus on their given sport.

Keep in mind: These 2 set times are **minimal** to becoming a better player. It is still important to make time to get better and stronger during the offseason. Throwing long-toss, getting in the weight room, taking hacks in the cages, off a tee, taking ground-balls, pop-flys, and mixing in cardio is crucial during the off-season. Take it upon yourselves to make us a better team.

This is a new season and a fresh start. Last year's record and last year's team is in the past. The league has a new look, we have a new coaching staff, and we have a great core of guys coming back. There is no reason that we cannot be a contender this year. I strongly encourage the boys to get out in the rain and do things to make themselves better. The season will be a lot more memorable (especially for seniors) when we win games!!! I have high hopes for a smooth transition so by the time season comes around we won't be able to use the "new coach" excuse and give this season away.

I look forward to meeting and getting to know the players and families as the season approaches.

Sincerely,

Tim Ahern

Head Coach