

2019 NTC West Testing Day Outline

Overview:

Testing Day is a showcase event held on registration day, prior to the first day of pool play games, for each age division (14U, 15U, 16U, and 17U) at the National Team Championships West, hosted by USA Baseball. The event provides attending athletes to participate in a variety of standard and advanced evaluation drills and showcase themselves to USA Baseball Task Force members, who are seeking candidates for USA Baseball's 14U, 16U, and 17U National Team Development Programs (NTDP's), as well as the 15U National Team Trials.

The Testing Day process for players will consist of four stations: warmups, primary position work, tee work, and PDP Testing. Each participant will be given a player identification card, which will allow Task Force members to record various measurable, including throwing velocity, max barrel speed, and 30 time, among others. Upon completion, players will hand in Player ID Cards at the facility exit and are free to go. Groups of players will rotate between the stations in 20-minute intervals. Players should be able to complete all Testing Day stations in between 60-90 minutes.

Participation in Testing Day, while recommended, is optional for all players attending the National Team Championships West. The goal of the event is to provide athletes an opportunity to make a positive first impression on USAB Task Force members in a non-game setting, while providing them with a unique experience and a tangible evaluation of their skills and abilities that they can take home with them.

Itinerary:

Team Check-In (Coaches)

Location: White tent next to the concession stand – Mariners Quad

Testing Day Check-In (Players)

Location: Tent outside Field 3 – Mariners Quad

Must check in at BOTH locations to begin testing.

Station 1: Warmups

Location: Mariners Quad Field 3

- Players warm up (run, stretch, throw) for 12 minutes
- USA Baseball Staff brings players to shallow CF for Testing Day Briefing
 - Explain the itinerary for the three other stations
 - Importance of Player ID Card
 - Housekeeping
- Players will be able to hydrate and prepare to go to their primary position stations

Station 2: Primary Positions

Locations: Mariners Quad Fields 4, 5, and 6

General:

- Primary positions ONLY
- Players hand ID Cards in to TF members at their respective field
- Primary pitchers do NOT need to test

OF/C (20 mins total)

Location: Field 6

- Split outfields half in RF and half in LCF
- In RF, taking two flipped baseballs and throwing each to 3B
 - Recording a throwing velocity on both throws
- In LCF, taking live one-hoppers off a fungo to test range – throwing home
- Catchers will be at 3B and home
- In last 5 minutes, catchers will throw down to 2B to get pop-times (outfielders will receive throws)

CIF (20 mins total)

Location: Field 4

- Not taking all 4 balls at once – rotating through
- 3B 4 ball drill → First Base
- Then, 1B 4 ball drill → Third Base
- If time permits and everyone has worked through the 4 ball drill then let 3B take groundballs and throw to 2B

MIF (20 mins total)

Location: Field 5

- Not taking all 4 balls at once – rotating through
 - Shortstop 4 ball drill → First Base
- Shortstops rotating through between SS and 2B
 - Second 4 ball drill → no throw
- If time permits and everyone has worked through the 4 ball drill at SS with 4 throws to 1B then work on double plays

Station 3: Tee Work with Diamond Kinetics

Location: Batting cages between fields 5 & 6

- 5 station setup by bat length
 - Players hitting off a tee based on bat length used. Self-setting the tee
- 3 swings per player – staff at each tee will record swings
- Staff outside of cages will be getting players where they need to go
- All players need their cards at this station.
- Record all three trigger to impact times and max barrel speeds

Station 4: PDP Testing

Location: Sidewalk on opposite side of the concession stand from check-in

- Players will run a 30 yard sprint
 - Reaction time, 10 yard split, and full 30 time will all be recorded
- Players will go through a series of jump tests that will record power, height, ground contact time, and used area

Player Exit

Location: Front Entrance

- Players will exit through the front entrance
 - Drop off the top part of your testing card to staff stationed at the front gate