

TO REGISTER, CALL
BALLS-N-STRIKES BALLWIN AT
636.394.2255

\$350 PER PLAYER

AGES 11U-13U 9:00-12:30PM
AGES 14U-16U 1:00-4:30PM

GATEWAY FALL INSTRUCTIONAL LEAGUE

5 WEEKS: 9/10, 9/17, 9/24, 10/1, 10/8
(RAIN MAKE-UP DATES ARE 10/15 AND 10/22)

THE PROGRAM

The Gateway Fall Instructional League enters season 2 this fall of 2016. With 200 participants in year one, the demand and interest has grown significantly and we can't wait to get started this fall. It is the most dynamic fall program ever offered in the St. Louis area. The focus each day is teaching the game within the game. An extremely dynamic curriculum has been set that is modeled after a MLB fall instructional league setting. The fall is the time of year to improve your craft and skill set and this is the perfect environment to get this accomplished.

THE FACILITY

The Gateway Fall Instructional League will be held at Parkway South High School. Parkway South is the ideal set-up for this as the baseball fields and campus are laid to handle multiple groups and stations. The varsity baseball field, JV field, skin-dirt infield area, turf football field, both bullpens, and the 6 batting cages will all be utilized. The program will have access to "hack attack" hitting machines and a "fungo man" ground ball & fly ball machine.

THE COLLEGES REPRESENTED

Last year, the GFIL had staff from the following colleges attend and help with the training: MIZZOU, MO STATE, MARYVILLE, MO BAP, SLU. This year, more guest instructors are planned from area colleges. This is a very unique part of the program in being able to get college level instruction directly from these coaches.

THE EXPECTATION

The expectation is simply to build better ballplayers. This is not about rolling out a ball and playing games. This league is about teaching and reinforcing content. Players will choose primary and secondary positions and teaching points on those positions will build week to week. Players will be subdivided into teams where controlled coach pitch scrimmages are taking place and in-game situations are being created and taught throughout the scrimmage. The tempo is fast and the teaching will not stop. The environment we are creating will push the ballplayers and expect a lot of hard work each day.

THE STAFF

The staff is comprised of the most elite baseball coaches and instructors in the greater St. Louis area. These coaches include high school coaches from around St. Louis, summer club coaches from around the area, independent instructors, and also current college coaches from programs around the state. Every instructor at the Gateway Fall League has met one of the following 5 criteria:

- College baseball playing experience
- Minor league or major league playing experience
- High School coaching experience
- College coaching experience
- Major league baseball scouting experience

LEAGUE T-SHIRT INCLUDED AS THE UNIFORM TOP
PLAYERS MUST WEAR WHITE BASEBALL PANTS & THE LEAGUE T-SHIRT EVERY WEEK