

March 5, 2007

FAQ's about Diamond Directors Instruction

**How do I schedule instruction?** All lessons must be scheduled on the website [HYPERLINK "http://www.diamonddirectors.com"](http://www.diamonddirectors.com) [www.diamonddirectors.com](http://www.diamonddirectors.com). Individual instruction (30 minute or 60 minute sessions) are scheduled on Saturday's only and instruction throughout the week (Monday, Wednesday and Friday) is offered through the S.K.I.L.L.S.™ Hitting Academy.

**How do pay for instruction?** You must pay for instruction on the website [HYPERLINK "http://www.diamonddirectors.com"](http://www.diamonddirectors.com) [www.diamonddirectors.com](http://www.diamonddirectors.com) on the INSTRUCTION page. Instruction must be paid in advance.

**What is offered for S.K.I.L.L.S.™ Hitting Academy?** The S.K.I.L.L.S.™ Hitting Academy offers:

One hour of instruction per week for one month (four sessions per month)

One hour of outdoor/indoor training (Sunday's only) for one month (one session per month)

Two hours of yoga training per week (Thursday's and Sunday's) for one month (eight sessions)

Dartfish Video Analysis ( [HYPERLINK "http://www.dartfish.com"](http://www.dartfish.com) [www.dartfish.com](http://www.dartfish.com)) for a minimum of (four sessions per month)

Note that outdoor training and yoga training are complimentary from Diamond Directors and are subject to availability. The \$200.00 fee for the S.K.I.L.L.S. Hitting Academy covers group instruction and Video Analysis. Diamond Directors is obligated to provide one hour of instruction per week for one month and Dartfish Video Analysis for month for each player.

**What is the meaning of the acronym S.K.I.L.L.S.™?** S.K.I.L.L.S.™ means Sacrifice Keeps Individuals Listening Learning and Striving to reach their goals™.

**Do you offer any incentives for referring players for your instruction?** I will give clients a free 30 minute lesson for referring players to me for instruction. This offer will last until June 1, 2007. The free lesson is subject to my availability on Tuesday's and Thursday's.

**What is the S.K.I.L.L.S.™ Hitting Academy (Outdoor)?** This is specific outdoor training for players to get coach thrown batting practice on the field or live pitcher batting practice. In case of inclement weather or field scheduling conflicts, players will do the outdoor training indoors at the Diamond Directors Indoor Training Facility (358 Roswell Street, #2180, Marietta, GA 30060). Players can receive lots of batting practice from me or a Diamond Directors staff member as well as live pitcher practice in the 70 foot cage. Live pitching practice is based on the availability of pitchers and catchers. In the event that

pitchers and/or catchers aren't available, an instructor will throw batting practice for the hour. With a maximum group of four batters and four pitchers, batters can get a minimum of 20 at bats in an hour. Pitchers will be on a strict pitch count of 20-30 pitches (please consult with your pitching instructor and/or coach before attending and be advised of your specific pitch count). Your pitching instructor is welcome to attend to provide instruction for you. Pitchers and catchers attend the workout for free. Pitchers and catchers can benefit by receiving live experience.

In addition, it is important to note that the purpose of hitters facing live pitching is to develop and/or improve timing/rhythm as well as developing and/or improving instincts and recognizing pitching patterns. I personally don't care if a hitter hits a home run or a pitcher strikes out every batter.

Batters and pitchers will be grouped according to age and/or skill level.

**Where is the S.K.I.L.L.S.™ Hitting Academy (Outdoor) held?** We use the Walker School baseball facility for S.K.I.L.L.S.™ Hitting Academy. For directions, go to the CONTACT US page on my website. HYPERLINK "http://www.diamonddirectors.com" [www.diamonddirectors.com](http://www.diamonddirectors.com).

**What are the benefits of yoga training?** Yoga provides strength, flexibility, and stamina and body control development just to name a few things that are required for an "athlete". Yoga is one of the few training methods that will allow such quick physical development. For more information about the company that provides yoga training at my facility, visit HYPERLINK "http://www.yoga-doc.com" [www.yoga-doc.com](http://www.yoga-doc.com). Becoming a good hitter requires both physical ability and knowledge of hitting. If you have the knowledge without the physical ability, you are training to become a good hitting coach instead of a good hitter.

**What type of instruction do you offer?** At the present time, we offer instruction in the areas of hitting, outfield, infield, and throwing mechanics. We plan to offer catching and pitching instruction in the near future. I do have a list of instructors in the area that I refer my clients to for catching and pitching instruction.

**Do you offer private instruction?** I offer private instruction for 30 minute and 60 minute sessions on Saturday's.

**What are the benefits of group instruction through the S.K.I.L.L.S.™ Hitting Academy?** A. Group instruction allows players to get more repetition which is necessary for development. "Feeling the mechanics" is just as important as "understanding the mechanics". The more reps that you get, the more that you will "feel the swing". B. Group instruction also allows players to work independently within the groups. The players will be supervised by me and understand the drills that they are doing but they have to "learn" to work

independently. Becoming a good hitter requires an individual to have awareness (what did you feel?), aptitude (after you learn it, can you apply it?), intelligence (how quickly do you understand), and dedication (will you continue to work hard even though you aren't successful right now with the swing mechanics?) These qualities can't be taught by parents, instructors or coaches. They have to be learned.

In addition, most of the physical development occurs at home. As an instructor, I want to provide the "blueprint" for the swing development. You get better at home without anyone watching you. If you don't have the drive and determination, you probably won't become a good hitter. This applies to school and life in general.

**Am I responsible for finding group members for the S.K.I.L.L.S.™ Hitting Academy group?** No. Each client is allowed to select a time within the weekly group schedule (Monday, Wednesday and Friday). Each group will consist of four players for the hour session.

**How are players selected for the group?** Players aren't selected for the group. The groups are based on first come first serve.

**What if only one player shows up for the group training?** If only one player shows up for the S.K.I.L.L.S.™ Hitting Academy group training, I will train that player individually for 45 minutes to an hour.

**Will the lesson days and times ever change?** My schedule may change some from week to week or month to month due to various commitments. Right now, I offer private instruction on Saturday's. In 6 months for instance, I may offer private instructions on Sunday's and Monday's as well as Saturday's. Right now, clients have the options of Monday's, Wednesday's and Friday's for group instruction and some weeks it may only be offered on Wednesday's. For the S.K.I.L.L.S.™ Hitting Academy, my obligation is allow clients to train for one hour per week in a group of four players.

I will notify clients of changes to my schedule on the website scheduler or via email.

**What if my 15 year old son is in the same group as an eight year old?** The age and skill level of players in the group doesn't have any affect on your son's development. Development will occur by doing the developmental drills. Players will work independently. Drills will be used based on the player's skill level. Challenging drills such as "curve balls" won't be used for certain players. If you son comes to each group session mentally prepared to get better, he will get better. As a professional instructor, former scout and former professional player, I understand what it takes to develop as a hitter.

**What equipment do we I need to invest in for my son's hitting development?**

I recommend a tee ( [HYPERLINK "http://www.tannerteesh.com"](http://www.tannerteesh.com) [www.tannerteesh.com](http://www.tannerteesh.com)), wiffle balls (good for working on hitting off speed and slower pitches and also good for hitting indoors), one hand bat trainer "Sledge" ( [HYPERLINK "http://www.badgerbatcompany.com"](http://www.badgerbatcompany.com) [www.badgerbatcompany.com](http://www.badgerbatcompany.com)), and a wooden composite bat ( [HYPERLINK "http://www.badgerbatcompany.com"](http://www.badgerbatcompany.com) [www.badgerbatcompany.com](http://www.badgerbatcompany.com)).

**What are some areas of training that you will concentrate on?**

The training areas that I will focus on for the group will be curve balls (below and above average), extension/leverage for power, fast twitch muscle development, strength development (forearms, legs, abdominal, etc), and timing (maintaining good hitting rhythm for breaking pitches and fast balls).

**What is the minimum age for training?**

The minimum age for training with Diamond Directors is eight and sometimes younger depending the players physical ability and aptitude. A good instructor should be able to work with players of all ages and skill levels. Obviously, you can't train all eight year old's the same way that you train professional players but the fundamentals of hitting, fielding, and etc can be taught in a fun way that a young player can learn. I do have some very advanced 8 year old's that I train.

I would say that 50% of my clients are between the ages of 9-13, 25% are high school age and 25% are college or professional clients.

**What is your teaching philosophy?**

I don't have a particular philosophy of hitting. There are several ways to hit a ball. I have been exposed to various styles of teaching as well as various styles of hitting. I like to evaluate a kid's ability, body type and learning style, and then I use what I feel is the best hitting method for him.

It is also very important to know that there is a difference between "teaching" a player how to swing a bat, etc and "telling" a player how to swing a bat, etc. As a professional, I "teach" players the fundamentals of baseball because I "understand" the fundamentals of baseball. "Teaching" requires explanations, demonstrations and patience. "Telling" just simply requires someone to give a command. You don't have to pay me to do that.

**What are some hitting styles that you are familiar with?**

You have contact hitters (example Ichiro or Tony Gwynn) and power hitters (gap to gap power and home run power; example Ryan Howard). You have rotational hitters (big and strong with great time and plate discipline; example Barry Bonds or Andruw Jones) and you also have linear hitters (example Derek Jeter or Chipper

Jones). You also have “front foot” hitters such as Gary Sheffield. I rarely see true “power hitters” that are younger than age 18. Ryan Howard hits homeruns by virtue of making contact with the ball. He doesn’t “try” to hit the ball with power because he “has lots of power.”

**How long have you been a professional instructor?** I began teaching in 1996 at Sports-A-Rama in Marietta, GA. Since then, I have worked with over 3,000 players.

**Have you ever trained any young players that have moved on to play at the professional level?** I have trained over 20 players that are currently playing at the professional level (Jeremy Hermida; Florida Marlins; Major League level). I trained Jeremy when he was 14 years old at Sports-A-Rama in Marietta, GA.

**Who are some instructors that have mentored you?** I have been personally mentored by Ken Griffey Sr., Cecil Fielder, George Foster, Bobby Tolan, Manny Trillo, Ron Coomer, Jimmy Piersall, Gary Matthews Sr. (Current Chicago Cubs 1<sup>st</sup> base coach), Ron LeFlore, Marty Pevey (Current Toronto Blue Jays 1<sup>st</sup> base coach), Jack Leggett (Head Coach Clemson University), Jeff Guy (Former Georgia Tech hitting coach; coached Nomar Garciaparra, Jason Varitek, etc) and several others.

**What is your cancellation, rescheduling and lesson expiration policy?** For individual instruction:

You have 24 hours prior to the lesson to cancel without losing the lesson. Failure to cancel by email or phone within 24 hours of the scheduled lesson will result in the lose of the lesson. Individual lessons expire 30 days from the time that you schedule it. For the S.K.I.L.L.S.™ Hitting Academy:

You may cancel or reschedule lessons within the week of instruction. Group instruction is offered Monday, Wednesday, and Friday based on availability. Outdoor and yoga training are offered weekly as well and can not be “made up”. S.K.I.L.L.S.™ Hitting Academy training expires after one month or 30 days from the time that you purchase the package.

**Are lessons refundable?** Lessons aren’t refundable but are transferable for upcoming camps/clinics or apparel.

**As a client, how will we be compensated if you don’t cancel or reschedule a lesson within 24 hours of the lessons?** If I fail to cancel or reschedule within 24 hours of the lesson, I will provide a complimentary 30 minute lesson to be used with 7 days of the cancellation or rescheduled lessons.

**How do I cancel or reschedule lessons?** You may cancel or reschedule lessons using the website scheduler found at [HYPERLINK "http://www.diamonddirectors.com"](http://www.diamonddirectors.com)

**As a parent and/or coach, how do I reinforce what you are teaching my son?**

“Reinforcement” and “teaching” goes hand in hand. If you can “reinforce” the mechanics, then you can “teach” the mechanics. If you can “teach” the mechanics, then you don’t need to pay an instructor to “teach” your son. The best thing for parents to do is to “support” your son by giving him soft toss, throwing batting practice and putting balls on the tee for him and making sure that he has a GOAL for the practice time. As an instructor, my job is making sure that he “understands” the mechanics. His job is to “apply” (aptitude) what he has learned. As a parent, your job is making sure that he has the “resources” to “apply” what he has “learned”. TEAMWORK AND UNDERSTANDING OUR ROLE IS VITAL TO SUCCESS OR ELSE HE (YOUR SON) WILL EXPERIENCE FAILURE.

**What makes you and your company different from others?**

I would like to believe that I differentiate myself from other instructors by being patient with my clients and understanding that players develop through a “process” instead of becoming a good hitter in one lesson. If I could make a hitter great in one lesson, how many could afford the lessons. I prefer to work with hitters that need “help” (the bad ones). I like the challenge of being a teacher. Anyone can tell Alex Rodriguez to “stay inside the ball.” I have several resources for development (Dartfish Video Analysis, etc.). I also recognize that each player has its own way of learning. Some hitters are visual. Some are auditory (hearing) and some are kinesthetic (feeling). Most of all, I care about my clients.

**Can your instruction get a high school player to the next level?**

I will maximize the ability that a player has. I am honest with my evaluations of players. My pride and my reputation is more important than the money that I receive for training players. If I can’t get a player to the next level, I will communicate that to the parent and the child. I have been successful getting players to the next level and beyond for over 10 years. I will get it done!