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BASEBALL/SOFTBALL
TRAINING CENTER

PRIVATE INSTRUCTION
VIDEOTAPE/SPORTS MOTION ANALYSIS
PROGRAMS/CAMPS/LESSONS/TEAMS

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2026-27

The Cape R^{RIPTIDE} Travel Team Baseball Program was built by answering the question, "What can we do to the best of our ability to help you?" That answer lies in the format of our 23-year program. We are subordinate to local league play at the younger age levels. We demonstrate flexibility in the off-season towards our multi-sport participants. We begin with competition in the fall to determine what areas to focus on with you during the off-season. Then, we offer an extensive off-season group and individual instruction program that utilizes cutting-edge methods. We prioritize practice over our game and tournament schedule because that's where the value is. All the while, we emphasize Education, Community Service, and Character Development.

OUR MISSION

The Cape R^{RIPTIDE} Travel Team Baseball Program is comprised of a group of dedicated and talented coaches, players, and parents who work together towards the successful development of our organization and every individual participating in it. Our comprehensive program will maintain a strong WORK WORKS[®] work ethic to achieve excellence in playing the great game of baseball. Significant importance will be placed on Education, Community Service, and Character Development to demonstrate our commitment to the physical, intellectual, and emotional well-being of every student-athlete who wears the R^{RIPTIDE} name.

2026-27 Cape R^{IP}TIDE Travel Team Baseball Program

Introduction

The 2026-27 Cape R^{IP}TIDE Travel Team Baseball Program will field teams from the 9U through 17U Divisions affiliated with New England AAU Baseball. We run a year-round program, demonstrating flexibility towards our participants who play other sports, and remain subordinate to local league play for ages 12 and under. We begin with the fall competition, assessing, measuring, and analyzing our ballplayers in November. We then conduct weekly team workouts from December to April to prepare for our 2027 practice, league, and tournament schedule.

Your participation in the Cape R^{IP}TIDE Travel Team Baseball Program INCLUDES the following program components for all age divisions...

2026 FALL BASEBALL COMPETITION

Starting with competition in the fall allows our coaching staff to see you play, your strengths, weaknesses, internal game clock, baseball instincts, tendencies, gamesmanship, approach at the plate, and rhythm and tempo on the mound. We typically play doubleheaders every weekend and run one weeknight practice/week from the first week in September to the end of October. Your participation in this competition helps us identify areas for improvement during the off-season.

OFF-SEASON TEAM WORKOUTS

Beginning December 15, 2026, the 2026-27 R^{IP}TIDE program will begin weekly off-season workouts. Armed with knowledge from your Fall Baseball performance, we will conduct our weekly off-season team workouts. The age divisions of 9-14 will conduct these workouts for almost six months, from December through March. Our high school-aged players will continue until high school baseball starts in mid-March. Our off-season program will follow this philosophy...

WORK WORKS[®]

This **blue-collar mentality** is the hallmark of the Cape R^{IP}TIDE Travel Team Baseball Program. Our adherence to this principle is paramount to our success. It will be evident in the following ways...

MULTIPLE COACHES WITH DECADES OF EXPERIENCE PROVIDING **INDIVIDUAL INSTRUCTION** IN A LOW COACH-PLAYER RATIO ENVIRONMENT. THE **SWING**, THE **THROW**, AND THE **PITCH** ARE A SERIES OF **MOVES**. THESE MOVES **MUST BE DONE RIGHT AND PRACTICED**. IN SEASON, WE PRIORITIZE **PRACTICE OVER GAMES**. MORE REPS. WE PRACTICE IN **FULL UNIFORM AT GAME SPEED**. WE USE MULTIPLE MACHINES, COACHES, AND STATIONS, BREAKING DOWN THE SKILLS REQUIRED TO PLAY THE GAME.

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FULL ANNUAL MEMBERSHIP

Also included in our program is 24/7 access to our training center. The guy who works the hardest does the best. Therefore, every R^{IP}TIDE player from September 1, 2026, through August 31, 2027, automatically becomes an Annual Member to both of our training centers located at 31 Jonathan Bourne Drive, Unit 8, in Pocasset, and 139 Queen Ann Road, Unit 6, in Harwich. Use our app, Cape Cod Baseball Club, which can be downloaded through your app store, to reserve cage time.

R^{IP}TIDE CONNECT-THE-DOTS TRAINING REPORT OPTIONAL - \$300. (HIGHLY RECOMMENDED)

In November, we conduct our innovative, individualized training. We assess the stability and mobility of every joint in your body, measure the kinematic sequence in your swing for efficiency, and analyze a videotape of your swing. Invariably, a swing fault is discovered because of a limitation in the body, proven in the kinematic sequence measurement. Hence, your off-season work is fact-based, not opinion. An account is created for you in the Coach Now app, where all this information is at your fingertips.

Collaborated by Strength and Fitness professional and OnBaseU certified trainer Tony Colesano, OnBaseU hitting and pitching-certified OnBaseU instructor Steve Almonte, and professional hitting instructor Bobby Sannicandro, this Riptide Connect-the-Dots Training report is produced for each Riptide ballplayer aged 12 and up, with off-season skill and physical training recommendations. The 2026-27 R^{IP}TIDE program includes a Connect-the-Dots report with...



1. An OnBaseU physical assessment to determine strength, flexibility, mobility, and stability in various areas relative to baseball hitting.
2. A KMotion kinematic sequence measurement to determine how efficiently power is transferred from the ground to the bat head.
3. A Coach Now detailed videotape analysis by Coach Bobby Sannicandro of each player's swing at stance, negative move, toe touch, heel plant, contact, and extension.

RIPTIDE SUNDAY INFIELDBERS,CATCHERS and SPEED-TRAINING CLINICS

Because our off-season workouts primarily address swing and throwing mechanics, we feel the need to focus on infield play, including ground ball fundamentals, footwork, glove work, double play pivots and feeds, and first base play, including picking short hops and footwork around the bag. Our catcher's clinics focus on receiving, blocking, framing, improving footwork, and transferring throws to second base to enhance pop time. Our Speed-Training clinics work on strengthening the quads, calves, ankles, and core and teach proper running fundamentals. **WORK WORKS.**

9-14U ROUGH SCHEDULE

November through March

Off-season Team Workouts take place beginning December 15, 2026, and will continue until we can start practicing outside, usually the beginning of April. This time is spent conducting

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weekly team workouts, private lessons, hitting drills, and bullpen sessions. Each age division will be assigned a specific day and time. Because these workouts are individual,

April-May-June

When weather and field conditions permit, our program will go outside for regular one-night-per-week practices and NEAAU Baseball competition, which typically involves one doubleheader per weekend, beginning in early April and continuing into June. NEAAU playoffs and NEAAU Championships take place in mid-June. Our program includes one travel tournament per year, in addition to participating in NEAAU competitions. Typically, we visit upstate New York during Memorial Day weekend. Following the playoffs, our 9-12U Divisions conclude, and we release our players to practice and compete in their local league playoffs and All-Star competition. Players choosing to take family vacations during the April School Vacation or Memorial Day weekend will be taken into consideration regarding playing time.

15-17U ROUGH SCHEDULE

November through March

Our off-season program will begin on November 1, 2026, and run until high school baseball starts in mid-March. The month of November is dedicated to assessing our players through an OnBaseU physical assessment, a K-Motion kinematic sequence measurement, and a videotape analysis of their swing. The remainder of the off-season is spent conducting team workouts, hitting drills, bullpen sessions, and individual work.

mid-March – late May

Our 2026-27 R^{IP}TIDE 15-17U program will release our players to participate in their high school programs during this time. We will return to work upon the completion of their High School baseball program, which could be anywhere from late May to the first week of June.

June, July, August

The summer months for our 15-17U division will be spent accomplishing three things: practicing multiple times/week to apply our “WORK WORKS” mentality, competing in NEAAU Baseball division play and playoffs, and Participate in regionally competitive tournaments, such as the Firecracker Sports 4th of July Tournament and/or the Providence Slugfest Tournament, at the beginning of August.

PLAYING OTHER SPORTS AND TOWN TEAM CONFLICTS

Our program recognizes and encourages our participants to play other sports. We, therefore, demonstrate flexibility during our off-seasons, fall, and winter. With multiple Riptide teams conducting weekly workouts at various times, there is always an off-season workout you can attend.

During the spring and summer, from our 12U Division down, your local league baseball is prioritized over our program. At the 13U Division and above, your participation in our 2026-27 Cape RIPTIDE Travel Team Baseball Program, including both games and practices, will take priority over any other athletic endeavor, including Babe Ruth and Legion baseball.

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PLAYING TIME PHILOSOPHY

The Cape R^{IP}TIDE Travel Team Baseball Program is a comprehensive, challenging, and competitive travel team baseball program, unlike recreational local league play. Playing time is not guaranteed. Players earn playing time through their attitude, attendance, attentiveness, athletic aptitude, and game performance. Any player choosing to leave the program due to a lack of playing time will be considered to have quit the team, and no refund will be made on that basis.

ADDITIONAL COMPONENTS

The Cape R^{IP}TIDE Travel Team Baseball Program has three additional components to our program: (1) **EMPHASIS ON EDUCATION**. We collect report cards and report our program's performance in school without exposing any one individual. (2) **COMMUNITY SERVICE**. Over the years, we have hosted numerous community service events, including Breakfast for the Homeless, flag placement at the National Cemetery on Memorial Day, the Cape Cod YMCA Camp Lyndon cleanup, and the Dragonfly Open to benefit the Jackson Yelle Foundation. (3) **CHARACTER DEVELOPMENT**. Riptide is an acronym for Responsibility, Integrity, Perseverance, Teamwork, Initiative, Diligence, and Enthusiasm.

COST

The cost for the 2026-27 Cape R^{IP}TIDE Travel Team Baseball Program will be \$3,250...

What's Included

- Full Annual Membership to the Cape Cod Baseball Club with 24/7 access to our facility.
- Fall practice and game schedule
- Weekly off-season workouts beginning November 1st until we go outside or high school baseball begins.
- Multiple practices/week spring (9-12U) and summer (15-18U) practice schedule.
- A 20-30 game NEAAU spring (9-12U) league, summer (15-18U) league, and tournament schedule.
- A top-quality uniform package including (2) game pants, (2) game jersey, hat, socks, belt, jacket, and personalized batpack.

I appreciate your consideration. Please feel free to contact Program Director Steve Almonte at (508) 776-3113 (cell) or salmonte@comcast.net with any questions regarding this ambitious program.