

**Special Links of Interest**

**World Class Health, Fitness & Sports Performance.**

[www.wchf.net](http://www.wchf.net)

**Sportables**

[www.sportables.net](http://www.sportables.net)

**Enjoy the Game**

[www.enjoythegame.com](http://www.enjoythegame.com)

**Youth Baseball Coaching**

[www.youthbaseballcoaching.com](http://www.youthbaseballcoaching.com)

**Upcoming Events**

- January 14 OABC Meeting. 7:00 PM Oconomowoc Rec Department
- Holiday Baseball Clinic YMCA Pabst Farms. December 26-28.
- January 5 2008 Off-Season Training program begins at World Class Health & Fitness in Hartland. 2:00PM till 4:00 PM



# A Rich Tradition of Baseball

## OABC Announces Off-Season Training

On November 5, 2007 the Oconomowoc Area Baseball Club (OABC) approved to partially sponsor off-season workout programs at World Class Health, Fitness & Sports Performance ([www.wchf.net](http://www.wchf.net)) in Hartland Wisconsin. The off-season workouts will begin January 5 and run through March 29, 2008. Workouts will be approximately two hours in length and run every subsequent Saturday. The sessions are tentatively set to run from 2:00 PM till 4:00 PM. The facility consists of two full length batting cages that can be divided into four, fifty-five yards of Field Turf, pitching mounds, pitching machines and an indoor track for speed and agility training. Each of the sessions will be structured and monitored by OABC members and coaches.

The OABC has committed to splitting the costs with each athlete that attends the training sessions for at least the first month of workouts. If attendance for the weekly sessions is strong it is our intention to continue that donation for the following months. Each training session will cost each individual athlete between \$3 and \$10 per week depending on attendance. Our plan is to have our 12 year old team (Oconomowoc Thunderbirds), 14 year old team (Oconomowoc Junior 5 O's), and any individual trying out for the Freshman, Sophomore or Varsity teams at Oconomowoc High School to have an open invitation. We strongly encourage all players to attend the weekly sessions as this is the best way to prepare for the 2008 season.

This is a tremendous opportunity for our players to get themselves in shape for the 2008 baseball season. It is also an excellent opportunity to get one on one instruction from former Professional players and college players all from Oconomowoc. A couple of notable instructors will be: Luke Nelson, Andy Neary, Pete Schlosser, Rob Becker, Sean Smith, Jeff Rhoads, Josh Fenzl, Mike Bolson, Kevin Raasch, Dave Schlosser and Mike Epler. For future details and times please check back to the OABC website [conomowocareabaseballclub.org](http://conomowocareabaseballclub.org)

For any question regarding off season workouts please contact Sean Smith at [snksmith@charter.net](mailto:snksmith@charter.net)

## Oconomowoc Baseball Shares Success Throughout Program

The Oconomowoc Area Baseball Club (OABC) shared a lot of success on the field in 2007 throughout the program. It was a year in which major championships were won, league titles were celebrated and almos were cheered. Its clearly evident from the top down that Oconomowoc Baseball continues to be one of the finest baseball programs in the state.

The Five O's had an outstanding year in 2007. The season was capped off with a Land O' Lakes Grand Championship after a 3-2 win over Cedarburg. This is the 10th Grand Championship the Five O's have won and their first since 1999. Jeff Rhoads won the League MVP and Manager of the Year award in the Western Division. Luke Nelson won the Pitcher of the Year award. In total, the Five O's finished with a 26-9 record. They would like to thank the families and tremendous fan support they received during the 2007 season and look forward to defending their title in 2008.

The Oconomowoc Junior 5 O's also had their own share of success in 2007. The 13 year old team took first place in the Land O'Leagues Gold Division with a 15-2-1 record. For the year the team finished with an overall record of 25-7-1 and also placed in three of the four tournaments they played in. The Junior O's were led at the plate by Ty Christensen who hit a team high .512. The pitching staff was led by Rodney Kuehl, Jared Burant, Ty Christensen and Matthew Klink. Head Coach Dan Klink couldn't have been happier with his teams effort and the support of the families. **Story continued on page 2.**

## October Meeting Highlights

- The number of board members was increased from 20 to 25 at large members.
- The Director of Velocity Sports (World Class Health & Fitness) was in attendance to discuss off season training.
- A date of March 30, 2008 was set for the group to hang signs at Roosevelt.
- A number of individuals have made it known that they plan to help with off season training programs.
- The OABC officially announced the grant from the Scherffius Fund in the amount of \$8,250.
- The Roosevelt Field Bleacher Project is moving forward with contributions from the Oconomowoc Parks & Rec, Scherffius Fund, Oconomowoc School District and Earl Eppler.
- Fall baseball was discussed and was a success. However, other leagues for next year will be considered.

*“The other Sports  
are just Sports.  
Baseball is a Love”  
Bryant Gumbel*

## Training Tip of the Month

By Dr. Rob Dorn

Proper nutrition will improve athletic performance and help the body heal itself. First and foremost, athletes should drink plenty of water to stay hydrated. The general rule of thumb for hydration is a minimum of 1 ounce of water per ten pounds of body weight. Consider drinking a little more water 2-3 hours before competition.

Another vital component is caloric intake. High school athletes,

especially, expend large amounts of calories required for both growing and sports. Breakfast is the most important energy source of the day and should be followed by 4-5 small meals. An athlete's menu should include fruits, veggies, low glycemic foods (Link to Glycemic Index Table: [www.ajcn.org/cgi/content/full/76/1/5/T1](http://www.ajcn.org/cgi/content/full/76/1/5/T1)) and lean protein sources (not fast food, soda, chips and other junk!).

A multi-vitamin is also essential. This provides building blocks for

the body to heal itself appropriately. Pesticides, genetic alterations and over farming have depleted our fruits and veggies of essential nutrients.

Finally, everyone should consume an Omega-3 fatty acid supplement. This essential fat is a natural anti-inflammatory and plays a major role in improving the body's physiology. Most supplements create expensive urine, but the multi and Omega are a must!

Play hard and live healthy



The Junior O's show off their hardware after one of the many tournaments they played in this past summer.

## Cont. Baseball Program Shares Success

Keeping pace with the other teams this season were the Teeners (15 Year Old). They posted an impressive 23–3 record. Coach Schlosser refers to his team as the comeback kids striking up six come from behind wins. Willie Schlosser led the crew at the plate with an outstanding .567 average. Handling a majority of the mound work this summer were Nash Bell and Zach Dahms. The team also had four individuals named to the Teener All star game where they continued their dominance:

Aaron Benz, Nash Bell, Chris Pierson and Will Schlosser.

The Jr. Legion team also had their fair share of success this past summer. The Juniors finished with a stellar 28–5 record finishing the season one win away from the state tournament. Derek Doudna had an all around fantastic season both offensively and defensively. Other key contributors were Tanner Wensman, Blake Holbrook, Nate Cirillo and Casey Herr. Coach DeMarais did a wonderful

job this summer with the kids and was extremely pleased with the effort of his entire team.

Sometimes a team cannot be solely judged on their record alone. The Senior Legion team played an extremely demanding schedule finishing 10–24. Coach Fenzl was extremely proud of his team as they continued to improve throughout the summer and were playing the best baseball by the end. The seniors were led by Griffen Bell at the plate who

hit .424 and Brett Marshall .339. Chris Fischer led the team on the mound going 4-5 with a 2.88 era. The seniors will look to carry their late season momentum into 2008.

The 14 year old team was coached by Jack Loppnow who was encouraged by his teams hard play and effort. We all look forward to watching this team as they enter High School.

**OABC List of Donations Since 2002**

<u>Year</u>	<u>Recipient</u>	<u>Amount</u>	<u>Cause</u>
2002	City of Oconomowoc	\$2,550	Portable Batting Cage
2002	City of Oconomowoc	\$875	New PA System
2002	Oconomowoc High School	\$350	Varsity Trip to Stevens Point
2002	Oconomowoc High School	\$788.92	Field Improvements at High School
2003	City of Oconomowoc	\$485	Pitching Screen
2003	City of Oconomowoc	\$537	Yellow Fence Cap—Roosevelt
2003	Oconomowoc High School	\$400	New Surface at HS
2003	Oconomowoc High School	\$337.68	New pants for Freshman team
2003	Town of Ixonia	\$441.42	New Surface for Ski Slide Field
2004	City of Oconomowoc	\$1,500	New Playing Surface for Roosevelt
2004	Christina Russert	\$500	Softball trip to Australia
2004	Oconomowoc High School	\$912.78	New Fencing
2004	Oconomowoc High School	\$1,319.20	New Pants for HS team
2004	YMCA Pabst Farms	\$1,500	Batting Cage
2005	City of Oconomowoc	\$144.65	Les Winger plaque Roosevelt
2005	City of Oconomowoc	\$2,391.74	Roosevelt Field Batting Cage
2005	City of Oconomowoc	\$635	Pitching Screen for Roosevelt
2005	Oconomowoc High School	\$239.81	Indoor Pitching Mound for HS
2005	YMCA Pabst Farms	\$1,500	Batting Cage
2005	Oconomowoc Sports Boosters	\$150	Hole Sponsorship Golf Outing
2005	Oconomowoc Sports Boosters	\$100	Donation for Program Guide
2006	City of Oconomowoc	\$7,551	Excavation/Concrete Batting Cage
2006	City of Oconomowoc	\$3,772	Outdoor Carpet for Batting Cage
2006	Oconomowoc High School	\$1,310	New Jerseys for Varsity Team
2006	Oconomowoc High School	\$400	New Surface for HS Field
2006	Oconomowoc High School	\$147.71	New Jerseys for Varsity Team
2006	YMCA Pabst Farms	\$1,500	Batting Cage
2006	Oconomowoc Sports Boosters	\$150	Hole Sponsorship—Golf Outing
2006	Oconomowoc Sports Boosters	\$100	Donation for Program Guide
2007	Oconomowoc High School	\$1,725	New Pitching Machine
2007	Oconomowoc High School	\$493	New Cages & Screens
2007	Oconomowoc High School	\$3,820.47	Portable Scoreboard for HS Field
2007	Oconomowoc Sports Boosters	\$150	Hole Sponsorship—Golf Outing
2007	Oconomowoc Sports Boosters	\$125	Donation for Program Guide
	<b>TOTAL</b>	<b>\$38,902.38</b>	

**\*\*By the end of 2008, The Oconomowoc Area Baseball Club will have donated over \$45,000 to the Oconomowoc Baseball Community.**