



Welcome Prospective Players,

We are looking forward to helping you prepare for a successful baseball season in 2024. This meeting's objective is to inform you on ways in which you can help yourself become a better baseball player and ultimately help your team have success. I hope all of you will take advantage of every opportunity you can in order to improve your game. Our success in 2024 will not just depend on how much you improve as a player but how many of your peers do the same. Please take the time to fill out our prospect questionnaire at the bottom and also on our website. www.romeobaseball.com

Coaching Staff

Varsity Coaching Staff

Head Coach: T. J. Delamielleure Email: tim.delamielleure@romeok12.org

Assistants: Alan Crummey, Bryan Baumann, Mark Schettler

JV Coaching Staff

Head Coach: Mike Ganfield Email: mikeganfield@gmail.com

Freshman Coaching Staff

Head Coach: Tim Rashid Email: jtrashid@gmail.com

Assistant: Alex Gintner

Academics & Character

We have high expectations for you both in the classroom and out of the classroom. We hope you have those same expectations for yourselves. You are expected to work to your best ability in the classroom and also demonstrate good character in and out of the classroom. We put a great deal of emphasis on not only what type of grades you get, but also what type of person you are when deciding our rosters.

Baseball Class

We understand you all have busy schedules and have to meet graduation requirements and do not want to interfere with that. If you have the opportunity we would strongly recommend you take baseball class as many semesters as possible. For those of you playing multiple sports this would be a great time for you to improve in the offseason. Please remember this when scheduling for next year.

Individual Skill Work

We will begin hosting our 4 player and open gym workouts in the coming weeks. Please be sure to sign up for your levels Remind in order to know when these are taking place. As of right now all levels will workout at different times every Saturday at the 9GA.

Strength, Speed, Agility

Although baseball is a very skill oriented sport it is also important to improve your strength, speed, and agility. We take off season training very seriously and we hope that all of you will commit to it too. This year we will again run after school workouts for all prospects. If you are in a weight training class you do not have to attend. Everyone else is expected to be there. If you play a winter sport you are expected to speak with Coach DeLamielleure to plan strength training around your winter sport.

Strength training is offered after school on Monday, Wednesday, and Thursdays from 2:30 pm - 3:15 pm and will begin Thursday October 26th.

2024 Baseball Prospects Remind (All Levels): Text 81010 Message: @Romeo24

Freshman Remind: @9faf4d6

Sophomore Remind: @romeojv2

Website: www.romeobaseball.com

Twitter: @RomeoBaseball

Spring Break

The varsity team will travel down to St Petersburg, Florida again this year. Last year's trip was a big success and as long as the trips continue to be successful then we will continue to travel. There is information on our website and included today. There also has been information emailed out. If your parents have not received information please let me know and I will get it to them.

Thank you,

Coach DeLamielleure

