

Rijo Athletics Baseball & Softball, inc.

Rijo Athletics News

22620 SR 9 SE | Woodinville | WA | 98072

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Special Points of Interest

- President's Message
- Turf Field News
- Little League Training
- High School Players
- Coaches Information



How to Contact Us:

Rijo Athletics Baseball
22620 State Route 9 SE
Woodinville, WA 98072

To schedule, please call:
(425) 486-4878

We love to hear from you, shoot us an e-mail with ideas, thoughts, suggestions, praises or just to say hi! We can be reached at:

Info@RijoAthletics.com

Visit us online at:
www.RijoAthletics.com

MESSAGE FROM THE PRESIDENT:

Jose' Rijo-Berger

Over the last 10 years, I have seen a pattern amongst athletes that are spending more and more time preparing for the upcoming season. Athletes are stronger, faster and have better mechanics in hitting, fielding, pitching, etc. As soon as the season starts, the majority of athletes stop working out, taking lessons, running, etc.

As a former professional baseball player, I know first-hand the importance of in-season training. There is a difference during our team practices. We don't get the repetition that we need - many times, we may get 100 swings in a week during team practices, when we should get a100 a day! In addition to that, coaches are trying to manage 12-20 players. So how much attention does an individual player really get? As a high school coach myself, I am telling my players everyday to take ownership of getting

extra swings and workouts on their own, because we only have so much time during team workouts.

During a lesson, most hitters will get 200-300 swings. Not only will this help with mechanics, but during lessons some of the questions we are asking athletes are:

- What pitches are you seeing good? Or bad?
- Are you letting first pitch strikes go by?
- Are you seeing a lot of curve balls?

There are many more questions we ask that help our athletes prepare to have success on the field.

There are two ways to look at this:

- 1) I am just too busy or
- 2) I will find a way to get some extra training in between school, homework, team practices, family time, etc.



Consistently, year after year, I see the players who found the time for in-season training make the all-star teams, are all-league in high school and eventually playing college or professional baseball. The ones that were too busy are probably not enjoying the best experience of their young lives.

So with this in mind, we hope to see you in soon or if you just need some advice over the phone or e-mail, just give us a call or shoot us an e-mail. We will do our best to help you out any way we can. Thank you for your continued support and business over the years. We are truly thankful!

Sincerely,
Jose' Rijo-Berger

OUR NEW FIELD TURF - IT'S HERE!

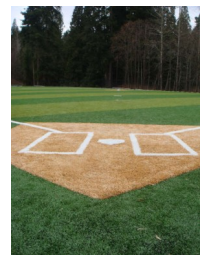
Rijo Athletics would like to introduce our new turf field. We are now renting to all teams and all sports. It is a state-of-the-art athletic training field allowing us to train year-round, no matter what the weather!

For baseball and softball, we have a full diamond with

bases at 60-feet, 80-feet and 90-feet for all age groups from Little League to High School. We have also lined the field for football, soccer and lacrosse.

Current field rental rates are \$30/hr (this is about \$3 per kid an hour for a team)!

Please call **(425) 486-4878** for availability or more information!



WHY TRAIN AT RIJO ATHLETICS?

The answers are simple:

1) We have had a 90% success rate in getting kids in college programs across the nation at all different levels (J.C., NAIA, and Division 1, 2 or 3).

Not only do we have the best college promotion systems available today, but our total focus is on YOU – the student athlete. We do not have summer select teams (only Fall Instructional and Winter Showcases). It is not about us, it's about developing you to the best of your ability and finding you placement in college. Many organizations have their own select teams and it tends to be all about winning. We currently have players training with us from Canada,

Yakima and Spokane.

2) Each coach at Rijo Athletics has played college or professional baseball.

We have selected positions that each one instructs in from hitting, pitching, fielding (infield/outfield), catching, strength/speed & agility training. Two of our staff members are current professional scouts.

3) We own our own indoor training facility (9000 Sq Ft) with 6 cages, pitching lane and full weight room.

Our head strength coach played in the NFL and has the most advanced training methods avail-

able today with a proven track record.

4) We have our own state-of-the art turf field for year-round training with full diamond and outdoor cages.

Why be indoor all winter when you can take advantage of our outdoor training complex.

5) We do our best to be men of great example.

We are positive role models for your kids. We will not cuss, curse, swear, raise our voices or yell at a kid. We train in an environment where your athlete will feel safe and receive positive encouragement but yet it is structured and disciplined.



TRAINING OUR LITTLE LEAGUERS AND BEYOND



The biggest advantage Little Leagues have with training both individually and teams at Rijo Athletics is that every player, even at ages 9-12, will get the same instructor that works with our high school and college kids. Most other organizations will have kids from their select teams train their young athletes during lessons – not at Rijo Athletics. You will receive the same detailed attention that our advanced level kids do. Our drills and techniques worked great with Mill Creek Little League in 2008. It helped them get to the Little League World Series (8 out of the 12 kids trained with us throughout the winter). The team also trained with us during the state tournaments which lead to great success.

We have had 30 kids drafted professionally since 2004 by major league baseball teams. This has never been done in the state of Washington! We are dedicated to helping young men in both baseball and life skills. We will use the same training methods with our Little Leaguers as our professional athletes. Training kids differently by age is one of the biggest mistakes that coaches make. At Rijo Athletics, we will teach, coach and train the right way from the first time, regardless of what level.

COACHES DVDS AND GUIDES ON SALE

Rijo Athletics would like to introduce a special on our Coaches DVD. We are currently selling this DVD, which includes hitting, pitching, fielding, catching and speed & agility for only **\$20.00** (1 hr 45 min).

We also have our Rijo Athletics Coaches Manual that gives you a list of drills, techniques, etc. that is a quick reference to bring to the

field to help with coaching. This Coaches manual is currently available for **\$10.00**.

Discounts in team training during the months of April and May are available now. During these team training sessions, we can cover offensive situations, hitting, bunting, etc. With the addition of our new field, we are now capable of

assisting in any way.

Please see a staff member or e-mail: info@rijoathletics.com to order or if you have any questions.

Supplies are limited so get yours today!

The Rijo Athletics Staff

RIJO ATHLETICS (425) 486-4878