

ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

FOR YOUR INFORMATION:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.

2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous Material placards reserved for highly corrosive materials.

3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would YOU like a glass of water or coke?

Recruiting Tips

- Get an unbiased evaluation of your skills - without being "thin-skinned"
- Have realistic expectations / proper evaluation of talent. Not many 8.0 - 60 yard dash guys playing centerfield at a DI program or guys that cannot hit a curveball. With pitching, many coaches have size standards. If you are 5'10" you better have serious velocity, a nasty out pitch and stats that REALLY stand out.
- Find opportunities to challenge your level of play - "Play Up"
- Lose your ego. Focus on getting better every day.
- Parents and high school coaches need to make sure that the goals are that of the player, not theirs
- Stay on top of academics. Many schools won't even look at a player unless he has at least a 3.2 GPA or a 24 ACT or even higher.
- Try to find someone who is well respected among college coaches to make phone calls for you.
- Send DVD's/video to as many schools as possible along with a cover letter and profile. CALL THE COACHES yourself. If they are not in, leave a brief message congratulating them on a recent win or just saying you are looking forward to meeting them at a camp or game.
- Go to their games. See what is really like. Get there early so you can introduce yourself to the coaches. Give a firm hand shake, smile and look them in the eyes. I have personally signed many players this way. Some of the best players I ever coached recruited me.
- DO NOT sit back and wait for the coaches to find you. If anyone ever tells you that "they will find you if you are good enough" is flat WRONG. A good time to start the process is after your sophomore season.

Here is a sample letter that is to the point and will make an impression.

Coach Johnny Yantos
Head Baseball Coach
University of Anywhere
In The United States, Of America 48345

Dear Coach Yantos,

Hello, my name is Billy Sizzlesink. I am a 6'1" RHP from Dealing HS in Yourkitchen, MI. I am very interested in the possibility of becoming a Wildcat. My coaches have told me that I have the ability to play at your level and that I would be a good fit in your program. I train in the off season with coach Haberch who pitched for the Oakland A's. Please feel free to contact coach Haberch regarding my abilities and makeup. I am also playing this fall for the Hammond Chiefs travel team and The Ft. Wayne Sluggers (see enclosed schedule).

I am also very interested in attending your camp this winter/summer. Please send me the information and registration so I can plan to attend. I can also be seen at the next Perfect Game Showcase at St Joseph's College this winter.

Congrats on a successful season last year (if appropriate). I wish I could have been there to see the big win against Notre Dame (or the research). Coach Haberchy has told me good things about you and your program. I also played ball last summer with (or met) one of your players, Frank Rizzo. He had great things to say about you and your staff. I am very excited to learn more about your program and meeting all the coaches and players. Thanks for your time.

Billy Sizzlesink

More Tips

Many colleges send out an average of 1,500 prospect questionnaires each year. Questionnaires only mean you made a list. Until you are getting personal, hand written letters or phone calls...you are NOT getting recruited.

It is very important for a player and his family to do research on certain college programs and have a prepared list of good questions for the coach.

1. What is the program's winning history? What is being done for future progress...field upgrades etc?
2. What type of academic support does the team have such as tutoring or guidance?
3. What does the roster situation look like? How many seniors are graduating?
4. What are my chances of playing as a frosh?
5. What do you see as my future roll on the team?
6. What types of pitchers are needed for the next year...power pitchers, lefties, relievers with a different style or arm slot etc.?
7. Can my scholarship amount be upgraded due to performance?

What do the players say about the coaches? Remember that most head coaches are not often well-liked by the players. This does not mean they are bad coaches. Ask the right players...seniors especially. Find out if the coaches are good "people" first. Are they fair? Do they meet individually with the players? Do they seem to really care about their players?

The Most Common Pitfalls High School Players Experience

- No sense of urgency that time is slipping by
- Inability to listen to Coaches and Teachers
- The way I dress and act is just "my style" and if they want me, they know where to find me, then I will change.
- Overestimating your own ability level
- Poor personal grooming habits & social skills

- Believing that attitude has very little to do with your appeal to a college coach
- My poor work habits will improve when I get around a college coach
- Very small perspective on baseball abilities of others around the nation
- No sense of urgency to get serious about the work needed to move on
- Being influenced by the wrong type of self-destructive people

- Believing that sportsmanship is not important
- Appearing lazy or lethargic
- Thinking "I'll turn it up when I need to"
- Frequent trips outside the dugout to talk to dad, girlfriend or buddies

Things that do not go unnoticed

Negatives

- Poor grooming
- Sloppy uniform
- Being unprepared
- Being late for a game
- Smoking, chewing
- Earrings/Jewelry
- Being rude or obnoxious
- Tantrums, swearing, helmet or bat throwing
- Arguing with Umpires
- Frequent trips out of the dugout
- Hanging out with sketchy characters
- Making excuses
- Immature behavior
- Sloppy non-athletic appearance
- Poor communication
- Walking on and off the field

Positives

- Hustle and Enthusiasm
- Encouraging teammates
- Having fun. Showing love for the game
- Arriving early to game
- Helping with field and gear after the game
- Calming influence
- Backing up bases
- Hanging around quality people
- Clean, well kept appearance

