

# WEST PENN BASEBALL PROSPECTS

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June 2009

## WBCA All-Star Weekend

The WPIAL Baseball Coaches Association (WBCA) held its 6<sup>th</sup> annual All-Star Weekend on June 12, 13 and 14. *West Penn Baseball Prospects* was pleased to continue its working relationship with the WBCA throughout an activity-packed weekend.

The All-Star Weekend would not be possible without the support and hard work of many people. AFLAC was the principal sponsor this year with the Pittsburgh Pirates and Black Bear Fundraising also being primary sponsors. Other major sponsors included BWP Bats, Ibistek Apparel and West Penn Baseball Prospects.

Additional support was provided by a number of others including 3N2, JD Engraving, Mizuno, Pro-Nine, The Game, Kevin Slowey, Sean Casey, the Mount Lebanon Baseball Boosters, Brad Henderson, Lou Sauritch, Neil and Tom Walker, Peter Kalis, Robert Kaschak, Todd Schiffhauer and UPMC.

A special thanks goes to Glenn Vietmeier (head coach at Montour) and Robinson Township Boys Baseball for another great job of hosting our Saturday and Sunday events. Glenn and his crew do a great job in getting ready and keeping everything running in an orderly fashion. Glenn and his guys do everything we ask of them and more.

A number of our local high school coaches also supported their event through their participation and hard work. These coaches gave up their Saturday to help local players get noticed by college programs. Those who helped include Tim Banner (Woodland Hills), Dave Bates (Carmichaels), Andy Bednar (Mars), Levi Bristor (Trinity), Tim Buzzard (Hempfield), Mike Kirkwood (Neshannock), Rich Krivanek (Thomas Jefferson), Tom McCarthy (Woodland Hills), Jim Rider (Bethel Park), Bob Sawhill (Fort Cherry), Eric Verdi (Laurel) and Gary Wilson (Hampton). I apologize if I omitted anyone who helped out.

Last and certainly not least, everyone owes a great debt of gratitude to Mark Saghy for his continued efforts in support of this weekend and local high school baseball.

The Weekend included three major events:

- Awards Banquet
- Underclassmen Showcase
- All-Star Doubleheader

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## Awards Banquet

This year's awards banquet was held on June 12 at the Hilton Garden Inn - Southpointe. About 280 people, the largest crowd ever, attended the banquet and honored the WBCA All-Star teams as well as all of the WBCA Award winners. **Danny Lopaze**, assistant baseball coach at the University of Pittsburgh, was our guest speaker and did a great job. **Mark Saghy** served as the Master of Ceremonies for the night

The Pitchers of the Year were **Joby Lapkowicz** (Carmichaels) in Class A, **Tim Giel** (Shady Side Academy) in Class AA, co-winners **Ben Rawding** (Blackhawk) and **Max Vogel** (Hopewell) in Class AAA and **Vinny Nittoli** (Pine-Richland) in Class AAAA.

The Players of the Year were **Ben Bechtol** (Neshannock) in Class A, **Gus Benusa** (Riverview) in Class AA, **Greg Weatherly** (Blackhawk) in Class AAA and **T J Kuban** (Pine-Richland) in Class AAAA.

Coaches of the Year included **Phil Coffin** (Avonworth) in Class A, **Bob Grandizio** (Shady Side Academy) in Class AA, **Joe Colella** (Hopewell) in Class AAA and **Andy Maddix** (North Allegheny) in Class AAAA.

The final award presentation of the night was the first annual John Challis Memorial Award in honor of **John Challis** of Freedom who lost a battle with cancer last summer. Despite his health issues, John maintained a positive outlook on life and served as an example for everyone he met. **Scott Challis**, John's father, was in attendance to present the award to **Brandon Chamberlain** of Springdale High School. Brandon was born with a congenital heart disease called Subaortic Membrane Stenosis. This is no cure for this condition and it often leads to heart enlargement and heart failure. Brandon had open heart surgery in October 2008 but rebounded to play in the 2009 high school baseball season. He will attend St. Vincent's in the fall and plans to walk on to the baseball team.

## Underclassmen Showcase

The Underclassmen Showcase was once again co-sponsored by the WBCA and *West Penn Baseball Prospects*. The Showcase was held on a beautiful day at Burkett Field in Robinson Township and was limited to 2010 graduates. About 80 colleges from 16 states were in attendance at the Showcase. This surpassed our previous high of 62 colleges, set last year. A listing of the colleges represented can be found on page 7.

The top performers in the 60s were:

Greg Weatherly, Blackhawk	6.59	Ryan Davis, Central Catholic	6.81
Bret Basilone, Springdale	6.60	John Laux, Brentwood	6.81
Michael Hughes, Seneca Valley	6.69	Julian Leto, OLSH	6.82
Ryan Hayden, Hempfield	6.71	David Pyles, Bethel Park	6.82
Ryan Siegel, Freeport	6.75	Colin Loughner, Blackhawk	6.83
Evan Chiapetta, Beaver Falls	6.76	Carson Seamon, Gbg CC	6.85
Joey Havrilak, Trinity	6.78	Greg Friend, Shaler	6.87
		Lee Shearn, Keystone Oaks	6.87

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The fastest recorded pitches were:

Scott Dixon, Derry	89	J J Paskert, Washington	86
Luke Novosel, Penn-Trafford	89	Brad Schnelle, Moon	86
Patrick Bradley, North Allegheny	88	Christian Wolosik, North Cath	86
Ethan Mildren, Laurel Highlands	88	Ty Bell, Bentworth	85
Pete Slavonic, Mt Lebanon	88	Cory Deighan, Seton LaSalle	85
David Pyles, Bethel Park	87	Jake Dando, Laurel	84
Eric Dorsch, North Allegheny	86	Devin Douth, Burrell	84
Alex Edgar, Bethel Park	86	Paul Indrihovic, Montour	84
Zachary Klein, Plum	86	Zach Kreke, Shaler	84
Nicolas Manuppelli, Plum	86	Zachary Washinski, Canevin	84
Ryan Oglesby, North Allegheny	86		

Top readings among the outfielders in measuring arm strength (MPH) were:

Bret Basilone, Springdale	86	Zachary Edmiston, California	82
Ryan Davis, Central Catholic	86	Michael Hughes, Seneca Valley	82
Ricky Olasz, West Mifflin	86	Tyler Garrone, Kiskia Area	81
Joey Havrilak, Trinity	85	Zach Nichi, Ambridge	81
Fran Rosato, Woodland Hills	85	Brian Ripper, West Mifflin	81
Nick Bergamasco, Penn-Trafford	84	Ryan Siegel, Freeport	81
		Greg Weatherly, Blackhawk	81

Top readings among the infielders in measuring arm strength (MPH) were:

Ronnie Bernick, Baldwin	85	Ricky Francast, Freeport	81
Jonathan Shaffer, Kiski Area	84	Eamon Kelly, Allerdice	81
Bret Basilone, Springdale	83	Chris Kirkwood, Neshannock	81
Carmen Congelio, Laurel High.	83	Kyle Mann, DuBois CC	81
Michael Pezzone, Upper St Clair	83	Tyler Mroz, Chartiers Valley	81
Paul Indrihovice, Montour	82	Frankie Poerio, Hampton	81
Brad Schnelle, Moon	82		

The best catcher pop times were:

Clay Roman, Bentworth	1.97	Zach Stein, North Allegheny	2.03
Zachary Czap, Philipsburg-Osceola	2.00	Michael Norkus, Central Catholic	2.06
Zeke Nowakowski, Center	2.03	C J Stotler, Plum	2.06
Blake Robinson, Albert Gallatin	2.03	Mike Natale, Laurel	2.09

The results for everyone participating in the showcase are available at [www.wpabaseball.com](http://www.wpabaseball.com) under the WBCA All-Stars tab.

We also want to recognize the players in the showcase with the best SAT scores (2 part) that were reported to us:

Roman Bargo, Butler	1470	Mark Hutmacher, Arapahoe	1250
Jonathan Pollock, West Mifflin	1410	Richard Francart, Freeport	1230
James Velette, Deer Laes	1400	Ryan Badzgan, Keystone Oaks	1220
Jarrold Interval, Washington	1290	Bill Hodgetts, West Mifflin	1200
Jesse Campbell, Serra	1270	Stephen Liberatore, Frank Reg	1200
John Orr, Shaler	1270		

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## All-Star Doubleheader

The All-Star double header was played in beautiful weather on Sunday afternoon at Burkett Field. In the opener, Class A took it to the Class AA, winning by a score of 8-2 and registering their second win in a row over the larger schools. After a quiet first inning, Class A opened the second inning with three consecutive hits and scored all three base runners. **Joey Borrelli** (Neshannock) had a big hit in the inning, driving home a run with a double and subsequently scoring himself on an infield out. The Class A stars then sent 11 batters to the plate in the third inning and scored five more runs, aided by three Class AA errors. Meanwhile, **Joby Lapkowicz** (Carmichaels) was shutting down the Class AA stars, allowing only one hit over the first three innings while fanning five batters.

**Derek Law** (Seton LaSalle) pitched by final four innings for Class AA and ended the offensive fireworks, allowing only a single by **Brock Grady** (Quigley) while striking out nine batters, including nine out of ten batters at one point.

Class AA scored twice in the fifth inning to end the scoring for the game. An error, two walks and an RBI single from **Ryan Jacobs** resulted in the two runs.

**Derek Law** was voted as the Pitcher of the Game based on his strong performance. **Joby Lapkowicz** was a very close second. **Zack Matthews** (Rochester) and **Brandon Sandusky** (Serra) were also effective pitchers for Class A, allowing five hits over the final six innings of play.

**Joey Borrelli** (Neshannock) was voted Player of the Game as a result of driving in the first run of the game with a double, scoring twice and stealing a base. Other noteworthy performances were by **Brad Goedeker** (Monaca) and **Joby Lapkowicz** (Carmichaels) for Class A as each notched two hits. **Ben Carson** (California) drove in two runs with an infield out and a sacrifice fly. For Class AA, **Alex Filippi** (Center) has two hits and a walk in his three plate appearances and **Derek Law** (Seton LaSalle) also had two hits to go with his fine pitching performance.

In the nightcap, Class AAAA put six runs on the board in the second inning on their way to an 8-1 victory. Class AAAA pounded out five hits in the second inning and were helped along by a walk and three errors. They came back with two more in the third inning on **Matt Pierpont's** (Canon McMillan) two-run double. **Vinny Nittoli** (Pine-Richland) and **Nate Antone** (Kiski Area) each pitched two hitless inning to put the game away early. Class AAA's lone run came when **Phil Bondi** (Moon) reached third base on a single and a two-base error and then scored on a sacrifice fly by **Max Vogel** (Hopewell).

**Alex Frey** (Trinity) was selected as Pitcher of the Game. After surrendering two runs in his first inning of work, Alex shut down the Class AAAA stars over the next three inning and finished with eight strikeouts. **Vinny Nittoli** (Pine-Richland), **Nate Antone** (Kiski Area), **Richie Navari** (Plum) and **Nick Kendrick** (Seneca Valley) each pitched two

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innings for Quad A combining for 13 strikeouts with **Navari** and **Kendrick** notching 4 apiece. **Phil Bondi** (Moon) and **Tarran Senay** (South Park) each pitched a scoreless inning for Class AAA.

Player of the Game honors went to **Matt Pierpont** (Canon McMillan) for his two run double in the third inning. **Bubba Uhlman** (Butler) was the only player to register two hits for Quad A, including an RBI off of an infield single. **Gio Schiano** (Laurel Highlands) registered two hits for Class AAA. **Matt Socol** (Montour) hit along double but was stranded at second base for AAA.

### Congratulations to Local MLB Draftees

Four local high school players were selected in this year's major league baseball draft. **Gus Benusa** (Riverview) was selected by San Francisco in the 8<sup>th</sup> round and signed a couple of days later; **Derek Law** (Seton LaSalle) was selected by Texas in the 28<sup>th</sup> round; **Tarran Senay** (South Park) was selected by Detroit in the 38<sup>th</sup> round; and **Ben Bechtol** (Neshannock) was selected by Detroit in the 40<sup>th</sup> round.

Other local players selected included **Ryan Robowski** (Uniontown and Ohio Dominican) by Arizona in the 16<sup>th</sup> round; **Josh Hungerman** (North Allegheny and Cleveland State) by Colorado in the 17<sup>th</sup> round; and **Chris Tremblay** (formerly of Seneca Valley and Kent State) by San Diego in the 19<sup>th</sup> round.

### Congratulations to Mike Berger

Mike Berger, a member of the Board of Directors of West Penn Baseball Prospects and the father of Central Catholic's Nick Berger, was named Director of Player Development by the Arizona Diamondbacks.

Berger, who is celebrating his 30th year in professional baseball this season, will assume the player development duties vacated by A.J. Hinch when he was promoted to manager of the D-backs. Berger has spent his time in professional baseball as a minor league player, minor league coach, minor league manager, scout and front office executive since being selected in the fourth round of the 1980 First-Year Player Draft by the Pirates.

He spent fourteen years in the minors, including the final three as a player/coach. He continued as the hitting coach with Oklahoma City in 1994 before becoming the manager for Single-A Charleston (S.C.) in 1995. After one season as a minor league manager, Berger transitioned into the scouting department where he was an area supervisor for the Expos from 1996-98 covering amateur talent in Pennsylvania, Ohio, Kentucky and West Virginia. He was promoted to East Coast crosschecker in 1999, Assistant to the General Manager in 2000 and Director of Professional Scouting in 2001. Berger became a professional scout with the Houston Astros in 2002 and then served in the same capacity with the Colorado Rockies from 2003-05. For the past four seasons, he has been a Major League scout with the Toronto Blue Jays

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## SATS vs ACT

Wondering whether to take SAT or the ACT? It used to be easy. Certain schools required one or the other, so your choice of the schools you applied to dictated which test you would take. Now, many schools will accept either, so it becomes more a matter of which you are more comfortable with. The best advice we have read is to go on line ([www.act.org](http://www.act.org) or [www.collegeboard.com](http://www.collegeboard.com)) and take some sample tests to see which fits you the best.

According to the *Princeton Review* ([www.princetonreview.com](http://www.princetonreview.com)) the principal differences are as follows:

- ACT questions tend to be more straight forward
- The SAT has a stronger emphasis on vocabulary
- The ACT has a science section, the SAT does not
- The ACT tests more advanced math concepts
- The ACT writing test is not required
- The SAT is broken up into more sections
- The ACT is more of a “big picture” exam

As far as the comparability of the final scores, here is one analysis we came across that compares two-part SAT scores with composite ACT scores.

SAT	ACT	SAT	ACT	SAT	ACT
710-750	15	760-800	16	810-840	17
850-880	18	890-920	19	930-960	20
970-1000	21	1010-1040	22	1050-1080	23
1090-1120	24	1130-1160	25	1170-1190	26
1200-1230	27	1240-1270	28	1280-1310	29
1320-1350	30	1360-1390	31	1400-1440	32

## Showcases

I have received a number of inquiries about other showcases being held in the area this summer. The only ones I am aware of are:

- The Beast of the East Showcase  
([http://www.beastoftheeast.org/html/player\\_showcase.htm](http://www.beastoftheeast.org/html/player_showcase.htm))
- The DeMarini Showcase at Slippery Rock  
<http://rockathletics.com/documents/2009/6/3/Wilson%20Demarni%20showcase%202009.pdf>
- The TPX96 Showcase in Washington  
[http://www.top96.com/Pages/event\\_display.php?de=247](http://www.top96.com/Pages/event_display.php?de=247)

Please let me know if you are aware of any others.

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## Colleges and Junior Colleges Represented at the June 13 Showcase

### Division 1

Akron  
Ball State  
Bowling Green  
Bucknell  
Buffalo  
Canisius  
Cincinnati  
Citadel  
Cornell  
Duquesne  
Eastern Kentucky  
George Mason  
George Washington  
Kent State  
Lafayette  
Lemoyne  
Maryland  
Maryland – Baltimore County  
Marshall  
Miami (OH)  
New Orleans  
Ohio Univ  
Penn State  
Pitt  
Radford  
Richmond  
Southern Illinois  
Temple  
Towson  
Virginia Commonwealth  
West Virginia  
Winthrop  
Wofford  
Wright State  
Xavier  
Youngstown State

### NAIA

Cedarville

### Division 2

Ashland  
Bloomfield  
California (PA)  
Fairmont State  
IUP  
Lake Erie College  
Mercyhurst  
Pitt - Johnstown  
St Andrew's Presbyterian  
Seton Hill  
Slippery Rock  
South Carolina - Upstate  
Wheeling Jesuit

### Division 3

Allegheny  
Bates  
Bethany  
Grove City  
Heidelberg  
Hiram  
Juniata  
LaRoche  
Marietta  
Mt Aloysius  
Mt St Mary's  
Ohio Wesleyan  
Penn State - Behrend  
Piedmont  
Pitt - Bradford  
Pitt - Greensburg  
St Vincent's  
Stevens Tech  
Thiel  
Washington & Jefferson  
Waynesburg  
Wooster

### JUCOs

CCAC - South  
Jefferson State CC  
Mercyhurst NE  
Penn State – Greater Allegheny  
Penn State - Beaver  
Westmoreland County CC

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### Local Guys Make Good

**Justin Steranka** (Mt Lebanon/Penn State) was named third team All Big-Ten and was named to the Big-Ten All Freshman team... **Jim Rider** (Peters Township/Kent State) was named to the second team All-Mid American Conference Team... **Greg Billigen** (Bishop Canevin/Cornell) was named second team All-Ivy and finished 53<sup>rd</sup> in Division 1 batting... **Ricky Devereaux** (West Allegheny/Duquesne) was named to the Atlantic 10 All-Rookie team and was named a Louisville Slugger freshman All-American... **Josh Hungerman** (North Allegheny/Cleveland State) was named first All Horizon League... **David Koerbel** (Central Catholic/PSU-Behrend) was named Pitcher of the Year and 1<sup>st</sup> team all conference in the Allegheny Mountain Collegiate Conference... **Shane Molyneaux** (Norwin/Pitt-Greensburg) and **Matt Stanziano** (Brashear/Pitt-Greensburg) were named 1<sup>st</sup> team all conference in the Allegheny Mountain Collegiate Conference... **Andy Chrobak** (Laurel/PSU – Behrend), **Chad Hoffner** (Gateway/Pitt-Greensburg), **Drew Bosco** (Blackhawk/LaRoche), **George Nahay** (Thomas Jefferson/LaRoche), **Geoff Lang** (North Allegheny/PSU-Behrend) were all named 2nd team all conference in the Allegheny Mountain Collegiate Conference... **Marcus Magister** (Hampton/Grove City), **Mark Thomchick** (Indiana/W&J), **John Izzo** (Union/Westminster), **Wes White** (Perry/Waynesburg), **Matt Stumpf** (Sto-Rox/Thiel), **Eric Boylan** (Sto-Rox/Thiel), **Dave Trushel** (Bethel Park/W&J) were named 1<sup>st</sup> team All-Conference in the Presidents' Athletic Conference... **Brendan Scioscia** (Pine-Richland/Waynesburg), **Frank Quirin** (Central Catholic/W&J), **Tyler Dillinger** (McKeesport/Bethany), **Neil Pascarella** (Ringgold/W&J), **Dave Evans** (Riverside/Westminster) and **Justin Prejsnar** (New Castle/Westminster) were named 2nd team All-Conference in the Presidents' Athletic Conference... **Chris Beatty** (Hampton/Marietta) was named 1<sup>st</sup> team All-Conference in the Ohio Athletic Conference... **Matt Tracy** (Central Catholic/Mount Union) and **John Quimby** (North Allegheny/Otterbein) were named 1<sup>st</sup> team All-Conference in the Ohio Athletic Conference... **Pat Trettel** (North Allegheny/Seton Hill) and **Mike McCarthy** (Baldwin/Seton Hill) were named 1<sup>st</sup> team All Conference in the West Virginia Intercollegiate Athletic Conference... **Matt McCartney** (Baldwin/Seton Hill), and **Matt Hanley** (Franklin Regional/Pitt-Johnstown) were named 2nd team All Conference in the West Virginia Intercollegiate Athletic Conference... **Shayne Busti** (Carmichaels/California), **Sam DiMatteo** (Center/California), **Rich Michalek** (Central Catholic/Slippery Rock) and **Scott Bender** (Neshannock/Slippery Rock) were named 1<sup>st</sup> All-PSAC West... **Matt Rossi** (Gateway/Clarion), **Mike Schmidt** (Bethel Park/California), **Craig Denman** (Blackhawk/Mercyhurst), **Jon Selby** (New Brighton/California) **Vince Lloyd** (Beaver Falls/Slippery Rock) and **Jon Squeglia** (Shaler/California) were named 2nd All-PSAC West... **Sean Karpen** (Peters Township/Wooster) was named North Coast Athletic Conference Player of the Year for the 2<sup>nd</sup> consecutive year and was a 1<sup>st</sup> team All-Conference selection... **John Warren** (Union/Wooster) was named 1<sup>st</sup> team All-Conference in the North Coast Athletic Conference... **Anthony Trapuzzano** (Bishop Canevin/Wooster) was named 2<sup>nd</sup> team All-Conference in the North Coast Athletic Conference

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## Arm Soreness - What does it mean and what should I do?

Baseball season has passed the half way mark for most players with many games under their belt at this point and some preparing to begin a new summer season. Some players are already showing signs of fatigue with many games still left to play. During this time of year many questions also arise from the players, coaches and parents regarding surviving the season. For example, "What do I do if my arm is sore?" When is it ok to throw after my arm has been sore? How many pitches can I throw? Why does my non throwing arm feel stronger than my throwing arm?

When your arm is sore it is your body's way of telling you it has been over worked or overstressed. To some degree the warning of soreness is ok as long as you listen to it. Just to clarify when we talk about soreness this is not severe shoulder pain or sharp pains in the shoulder, neck or elbow. These could indicate a more serious condition and should be examined by a medical professional. The type of soreness that occurs after throwing is generally caused by overstressing the muscle in this case most often the rotator cuff muscles. These are the muscles that cause rotational acceleration (concentric contraction) of the upper arm to propel the ball. These muscles also must slow down the arm after the ball is released causing an eccentric contraction during deceleration of the arm. These muscles become overstretched and some theorize that this soreness is caused by micro tearing of the muscle tissue; hence icing after pitching is an attempt to reduce the inflammation process. By stopping the actions that produced the soreness, ie throwing, the body heals this over time. The amount of time is dependent on how much stress was induced and how resistant the muscles were to the stress. This resistance can be altered by increasing strength and endurance in the specific muscles used in throwing. Continuing to throw with a sore arm compounds the problem and increases the risk of more serious damage to the muscles and joint not to mention reduces performance secondary to pain and reduced power generation of the arm.

In summary your arm needs rest after it is stressed. Pitching is generally the position that produces a large degree of stress secondary to the number of throws and the intensity level of each throw. Think of it this way; if you ran a marathon on Monday would you run another one on Tuesday? There is no magic number on how much time is enough to start throwing again, everyone has a different threshold. Some organizations have instituted rules. For example National Little League® has pitch count rules for various age groups. If you pitch X pitches you must rest X amount of time before pitching again and there are maximums that can be reached. This is a good safety measure but what it does not account for is when players play in multiple leagues. Some things you can do to reduced arm soreness.

1. Baseball specific training in the off season and a maintenance program in season to maintain your arm strength and stamina is of utmost importance.
2. Warm up properly before throwing.

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### **Arm Soreness - What does it mean and what should I do? (continued)**

3. Insure proper throwing technique- make sure you are throwing with your whole body not just your arm. Your legs and core have much more power and stamina than your arm- take advantage of it.
4. Icing immediately after extreme throwing can be helpful.
5. Listen to your body. Soreness is your body's way of telling you its needs some time to recover.

For more information please call UPMC/CRS Sports Performance at 724-444-8850

Brian F. Hagen DPT, MS OCS FAAOMPT  
Colleen Rosensteel CSCS

### **Contact Info**

WEST PENN BASEBALL PROSPECTS is published by West Penn Baseball Prospects, Inc. Any correspondence should be directed to Tony Villiotti at wpabaseball@hotmail.com or 63 Stancey Road, Pittsburgh, PA 15220

### **Website**

WEST PENN BASEBALL PROSPECTS' website address is [www.wpabaseball.com](http://www.wpabaseball.com). Please visit the website and tell us what you think. Back issues can be downloaded from the website.

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