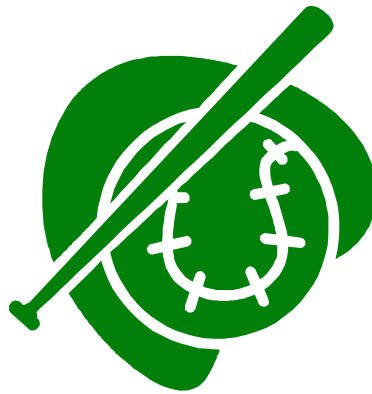


Pine Richland Youth Baseball Academy

Guide to Fundamentals in Youth Baseball
The Pine Richland Approach to Excellence



2007 to Present

Message to the Parents

Welcome and congratulations to you and your son for choosing to participate in the Pine Richland Baseball Training Academy.

The training staff hopes to increase existing training opportunities, develop new training opportunities, and help to develop the baseball skills of those interested in learning the fundamentals of the game.

The core staff of the Training and Development Academy include:

Matt LaNeve, Doug Strange, Ed Yackovich, Tom Miller, Lalo Berezo, Gary Hitechew, Joe Riley, Al Yoklic, Dave Zynn, Bob Petcash, Mike Nitolli, Paul Nussbaum, David DeLuca, Ron Lamendola, Lou Schneider, Rich Tomicek, Tim Mckee, Harry Rourke, Thomas Woodrow, Robert Gleyze, John McFarland, Phil Jones, Kevin McWilliams and perhaps others. Any of the staff can help your son with baseball skills and also help coaches with fundamentals of running a practice.

These men were selected because of their tremendous coaching experience at Pine Richland and at the AAU level of play, their personal coaching experience with our players, their belief in the major league system (review below) we will be teaching, and major league baseball experience. Our youth baseball program will utilize a major league approach. Together we will work hard to help your son become a better baseball player regardless of his current ability. We are dedicated to providing the best youth baseball training in the region!

Our goals for training include:

1. Teaching each player the fundamentals of baseball (hitting, pitching, base running, and defense)
2. Teaching each player how to mentally prepare for a game and how to achieve mental success with baseball.
3. Teach each player the importance of **team baseball** and to take pride in Pine Richland. We are working on building our baseball tradition!
4. Provide the opportunity for each player to become a better player.
5. Have fun.

Our general philosophy is to provide your son with a foundation for baseball excellence. You and your son are investing in a long term outcome. The benefits of

your son’s experience with me and the Academy staff should not be measured by number of tournament wins or innings played. Rather, your son will learn a system and approach to baseball that is years ahead of his age group. It is this learning that will set the foundation for him to be a good and maybe a great high school player.

As part of this training we have prepared some information that might be useful to the parents and to the players involved in youth baseball. Please review the information and encourage your son to study the material as part of his mental approach to the game.

You will note the PR Guide to Youth Baseball is organized into the following major sections:

- I. A Guide for Parents in Youth Tournament Baseball
- II. A Guide to the Proper Approach to the Game
- III. A Guide to Position Play

The material is meant to inform you of our approach and thoughts regarding youth baseball. We would like the players to keep this Guide in a three-ring-folder that they can use to study and remember their responsibilities. The material can reinforce what we work on during training.

If you have any questions about the Parent section or any of the Guide please contact any of the Academy Training Staff. The Training Staff are happy to help you and your son understand, practice, and execute the game of baseball.

Section One

A Guide for Parents in Youth Tournament Baseball

1. Please understand tournament and travel baseball is competitive and demanding of time and effort. It is expected that players attend practices and games and arrive at the designated time. It is also important that they have fun.
2. The 9 best players will play the most and it is not a “pay to play” model. The coaching staff will continuously evaluate the players during practice and a decision will be made for each game regarding lineup. The manager will seek input from the assistant coaches, but the responsibility regarding the lineup is the manager.
3. Players will become better at practice, not during the game.
- 4.

Unlike any other game, baseball is a truly humbling experience. It is one of the only experiences in life where a 70% failure rate is considered good. Your son will fail more often than succeed. The entire coaching/training staff will

watch how your son handles failure more than success. Development must occur in this area and open discussion on this topic at home can be healthy for everyone.

5. If you have a concern please present it to me (manager) after a practice or after a game. A coach will not address any concern during practice, preparation for practice or game, or during a game. The coach can meet with you at another time when you can sit and talk. The coach will listen to you and provide an honest response.
6. As a parent of children involved in competitive sports we understand the emotion experienced by parents. Parenting during competitive sports is an opportunity for personal development. Most of us have struggled with this in the past and know exactly what it feels like when decisions are made that run counter to a parent's ideas or perceptions about his/her son. As manager, my first priority is to the team and to the development of the players on the team. Parents be aware that negativity is a poison to the team and development of the player.
7. Please help your son understand that there is a proper mental approach to the game and to practice. Our approach to the game will be taught to your son and we hope you will reinforce the approach with him (see Proper Approach page 5).
8. Practices will be highly organized and timed. As such, please respect the arrival time noted on the schedule (Schedule will be provided). The coach will do his best to respect the ending time.
9. If your son wishes to have personal one-one work with me or any of the training staff please have him talk with me.
10. Practices tend to be spirited and a coach may not be shy to raise his voice. As a parent do not be concerned that the coach does not like your son. The exact opposite is true. A coach will not give this much time and effort if he did not care for your son. Anyone may attend and watch practice.
11. We will play to win and we will compete to the last out. The coaches cannot guarantee wins, but we can guarantee that if your son listens and works hard he will be a better baseball player in August.
12. There is no favoritism. Playing time will be earned at practice. In house success will not sway my decision. Playing time will be earned on the practice field. Each player will be positioned to promote his success and that of our team.
13. We will not tolerate fooling around, talking while a coach speaks, or consistent tardiness. Each of the players, coaches, and fans from the PR organization represent the PR community and we will always demonstrate class.

14. Once your son crosses the white line of the baseball field he is to understand that his drive to baseball excellence has begun. He will be taught what is expected and we ask that you reinforce that with him. We will strive to have fun, but not fool around.
15. There is no tolerance for swearing, disrespect of others, or cheering against anyone. This applies to coaches and parents as well. Let us strive to be good role models for our boys.
16. Umpires will never cause a loss. We will respect all calls and deal with adversity as champions.
17. No player will ever win a game or lose a game. Team effort is everything. We will try and reinforce this point so no player ever feels he is to blame for a loss.
18. Please inform the manager when your son cannot attend a practice. He creates a practice schedule ahead of time and needs to know if someone has another obligation. Please note that coaches can only rate players who attend practice and that lineups are based on practice performance.
19. Players are expected to cheer for their team, to be great sports, and to pay attention during the game. No player may leave the dugout to visit family in the stands and a player must ask a coach for permission prior to leaving the dugout for any reason (i.e., restroom). Families and others are asked not to enter the dugout during a game unless it is deemed necessary.
20. We will meet at a designated place and time prior to each game and the players will meet with the coaches after each game.
21. We will be teaching your son relaxation techniques such as deep breathing, drills to help them with the mental part of the game, and visualization for success. They may inform you about this and you can reinforce practice of these drills. Your son might even want to teach what he has learned to the family.

Section Two

A Guide to the Proper Approach to the Game

These are some suggestions to assist you in understanding the approach to the game. The same suggestions can be applied to practice. My general philosophy is that success is made from preparation, focus, discipline, and motivation. We define success as your son becoming a better baseball player and our team improving over the season.

1. Please have your son get plenty of sleep the night before a game. You know your son best and each player has different sleep needs. Please make every attempt to

have your son get at least 8 hours of sleep the night before a game. The medical community suggests 9-10 hours of sleep for children 10 years of age. We will likely impose some sort of curfew to help parents the night before a game.

2. No swimming on the days of games.
3. Please encourage your son to drink plenty of water the day of a game to avoid dehydration. Increased consumption of water should actually occur two days prior to a highly competitive event such as a tournament. The same is true for practices in June and July. If you notice white marks on your son's dirty clothes that is a sign he is losing salt. Sport drinks in addition to water are suggested. Chocolate milk is also a good drink after workouts. (See Nutrition Site at PRBSA.Com)
4. Protein with meals during the day of a game is encouraged. We strongly discourage heavy foods prior to and in-between games. These include nachos with cheese, fast food, soda pop, and heavy, slow processed carbs. Try and push the water, sport drinks, candy bars, peanut butter crackers, and fruit or the fast carbs. I would like the boys to be a bit hungry rather than filled.
5. Encourage your son to review the Guide to Position Play (see below) and to engage in visualization exercises they learn at practice prior to going to sleep at night.
6. You may quiz your son on the points of his position (s) outlined in the Guide to Position Play below.
7. Baseball is primarily a mental game and it can be extremely difficult at times. Your son should not ruminate on failure. We can encourage a fresh start each day and focus on the strengths. Parents can help by not showing any disappointment in your son. He is trying his best. Coaches will focus on the positive.
8. Do not let your son think about statistics. We will pay little attention to stats and my managerial decisions will be made on player technique and approach to the game.
9. Help your son understand his role as part of a greater mission. The coaches will emphasize this repeatedly. **Championship teams have one personality that is team chemistry.**
10. Please encourage your son to refrain from television, computer, and video games the day of a game.
11. It can be helpful to have your son prepare/organize his practice or game uniform the night before. This will help him to begin thinking about his game or practice and assist with on time arrival.

Section Three

Guide to Position Play

Your son will be taught the information below during training. Please have your son review the material as needed so he comprehends it and is able to apply the lessons.



Pitcher

1. The most important skill to pitching at any level is **throwing strikes**. Our starting pitchers will be selected based on accuracy, not velocity.

Our philosophy is to have the pitcher throw strikes and give the hitter a chance to hit. We believe we will make the plays defensively. Pitchers are not asked to produce strike outs, but they are asked to throw strikes and to avoid walks.

Walks kill success!

2. A pitcher must understand that he is a defensive player and he will need to be prepared to make a defensive play once the ball is hit.
 - A. On a ball hit between first and second the pitcher must run to cover first.
 - B. Pitcher backs up third base on any potential play at third.
 - C. Pitcher backs up home plate on a play at home.
 - D. Pitcher always covers home if the pitch gets behind the catcher and a runner is on third.
 - E. A pitcher will never stand still.
3. A pitcher will always get the pitch sign from the catcher (fast ball, slow ball, change-up).
4. No pitcher will throw a curve. Anyone throwing curves will not pitch.
5. Pitcher rarely calls for a fly ball unless no other fielder can catch it. It is too difficult to come off a mound to catch fly balls. The infielder should call the pitcher off.
6. When fielding a bunt, the pitcher should always try to get the lead runner, but listen to the catcher who will direct which base to throw the ball.
7. Pitcher will always let the coach know if his arm is sore.
8. Pitcher should ice his arm after throwing during a game.
9. Pitcher will use relaxation techniques and visualization to combat pressure situations. Let the 7 players behind you do their job!
10. Pitcher will always take a deep breath prior to making a pitch and follow the four step pitching sequence taught in practice.
11. Pitcher and all players should try and use long toss on a daily basis. You do not have to throw hard, but throw at successively longer lengths until you are about 100-120 feet away from the target.

Catcher

1. Catcher is a captain of the infield.

2. Catcher must communicate aloud to each player the game situation.
3. Catcher will inform the pitcher what type of pitch to throw by first getting the sign from the manager.
4. Catcher releases quickly to field any bunt and throws to first on the “inside of the baseline.” Catcher will yell “inside, inside” when making the play.
5. Catcher will field a fly ball by first releasing his mask and then turning so his back is towards the pitcher.
6. Catcher will make hard and low throws to each base in an attempt to prevent stolen bases.
7. Catcher will get to know each pitcher and how to keep each pitcher calm.
8. Catcher will learn to block and to move laterally using his leg pads.
9. Catcher directs each designated cutoff man what to do regarding the throw home.
10. When first and third are occupied a coach will yell some equation that ends in the number 4, 5, or 6. For example, coach will yell 22 (equals 4 so ball is thrown to second base or 42 (equals 6 so ball is thrown to ss) or 23 (equals 5 so ball is thrown to third base).

Catcher will throw to second base on any equation ending in 4.

Catcher will throw to SS on any equation ending number in number 6

Catcher will throw to third base on any equation ending in number 5

An alternative strategy for the same situation above is for the coach to yell a three digit number such as 456, 654, or 546. The numbers represent the same bases as above, but the team will be told prior to the inning which number is the target. For example, the coach might tell the players “first number” in which case the 4, the 6, and the 5 would be the number and base to throw to in the above example.

The coach may yell “77” with runners on first and third. The catcher will throw to second base with the shortstop covering.

The coach may yell any word that begins with “P” and the catcher will throw hard back to the pitcher.

11. Catcher will throw to first base on coach’s yell of first baseman’s name, second base on coach’s yell of shortstop’s name and third base on coach’s yell of third baseman’s name as a pickoff play.

First Base

1. First baseman will make every effort to keep the throw in front of him.
2. Stand with two feet in front of the base (facing second) and do not stretch to catch the ball until you know where it is being thrown. This will enable you to stretch in the correct direction based on where the ball is heading.
3. First baseman is the cutoff man for the right fielder and center fielder throw to home. You must position yourself accordingly and listen to the catcher for what to do with the incoming throw. "Cut" only if told to "cut." Let it go if no command.
4. First baseman will yell to the catcher if the runner is stealing second base.
5. First baseman plays five steps off of first base unless told otherwise by his coach.
6. First baseman will remain in position at "anchor 1" play.
7. First baseman will charge a bunt with "Regular Play."
8. First baseman will play forward and charge a bunt on "Anchor 3" play and attempt to get the runner out at third base.
9. First baseman will back up any throws from left field to second base.
10. First baseman holds runner on at first unless there is a runner at second base. He must get back to position quickly after pitch is made.

Second Baseman

1. Second baseman has responsibility to catch fly balls behind first using $\frac{3}{4}$ turns.
2. Second baseman covers second base on any hit to left field or to the left side of second base.
3. Second baseman is the cutoff for ball hit to right and play at second. His is not the cut for ball hit to right and play at home (1b) or third (ss). He covers second base on such plays.
4. Second baseman covers first base on "Regular and Anchor 3" plays.
5. Second baseman backs up second base on steal from first.

6. Second baseman is the number “4” position on first and third plays.
7. Second baseman will make plays at second base using his left foot and then push off the base. Arrive at the base with shoulders square to the base facing the shortstop and provide a visible target with your glove.
8. Second baseman is cover man on pickoff play with two fingers to eyes.

Shortstop

1. Shortstop is a captain of the infield and needs to communicate the game situation to everyone including the outfield.
2. Shortstop is the cutoff for center field, left field and right field for plays at third base. He covers third on ball hit to left and play at home.
3. Shortstop covers second base on any hit to right field or right side of second base and play at second.
4. Shortstop covers second base on runner stealing second. Place tag straight down.
5. Shortstop backs up the throw from catcher to third base.
6. Shortstop is responsible for catching fly ball behind third base using $\frac{3}{4}$ turn.
7. Shortstop is number 6 on plays with runners on first and third.
8. Shortstop covers second base on “anchor three.”
9. Shortstop covers second base on “regular bunt defense.”
10. Shortstop covers third base on throw home from left field and on “anchor one.”
11. Shortstop uses right foot to make plays at second base. Approach second base with squared shoulders and demonstrate visible target using your glove to second baseman.
12. Shortstop is the cover man on pick-off play to second if shirt is pulled.

Third Baseman

1. Third baseman positions five steps off of third base.
2. Third baseman remains at third when “Anchor 3” called by coach.
3. Third baseman charges bunt on “Regular” and “Anchor 1” plays.

4. Third baseman is the cutoff man for throws home from left field (move towards the pitcher to avoid obstruction call with runner coming from second).
5. Listen to the catcher for directions on whether to cut the ball off or not from left field.
6. Third baseman covers third on steal attempt. Place tag straight down.
7. Hold runner on third and get back to position once pitch is made.

General Infielding Rules

1. All infielders move on every play. If you are standing still “something is wrong.”
2. All infielders must be in fielding position with glove facing out and up and a right-left creep step.
3. Always know where you will throw the ball prior to each pitch.
4. Encourage each other and help to support your pitcher.
5. Everyone makes errors so we will say “so what” and move to the next play.
6. We should not make mental mistakes. Study and prepare. Help each other.
7. Know your position number and what plays mean for your position.
8. Maintain control of the ball and do not throw it around unless you have a real play.
9. Do not turn one mistake into two.

General Outfielding Rules

1. Outfielders move on every pitch from a ready position. You must be able to run fast and far in any direction so be set. If you are standing still watching a play “something is wrong.”
2. Each outfielder is responsible for backing up the respective base:

Left field backs up third base
Center field backs up second base
Right field backs up first base

3. Left fielder hits shorts stop for all cuts except throws to home. Cutoff to home is the third baseman.
4. Center fielder uses shortstop as cutoff unless the ball is hit deep in the right center gap where the second baseman may be used. Throw home using the first baseman as cutoff.
5. Right Fielder uses second baseman as cutoff for plays at second base. Throws home use first baseman as cutoff and use SS for cuts to third base.
6. Outfielders do not hold the ball. Get rid of it quick and accurate to your cutoff. We can save runs by hitting our cuts.
7. Three ways to field a ground ball in the outfield:
 - A. Field the ground ball like an infielder (nobody on or a man on first base)
 - B. Field the ground ball on one knee (nobody on or a man on first)
 - C. Field the ball charging with “crow hop” and make strong throw to home or third.
8. If a ball is hit to the fence go to the ball and reach down for the ball. Grasp the ball by pushing down on it into the ground. This will prevent you from reaching and not grabbing the ball. You must get the ball first prior to looking up or making a throw.
9. On any fly ball take a brief step back and judge the flight of the ball. You may have to race back or race forward. Do not let a fly ball get over your head by racing forward by mistake. Discipline yourself to go back first. It is always best to catch a fly ball by getting behind it and coming forward as you catch it. This will give you momentum to make a strong throw to your cutoff.
10. Back each other up on ground balls and fly balls. You are the only players we have to prevent extra bases. Use angles to make plays and do not run horizontal to a ball. Understand the angles of your position.
11. All throws from the outfield should be low and hard. The cutoff man must be able to make the catch so do not throw it over their head unless you reach the base.

General Hitting Rules

1. Balance is critical to a good baseball swing. Soft toss with “strike the pose.”

2. Relax on the on deck circle and use relaxation procedures and visualization for success. Lead off hitters should work the pitcher to help you and your team see more pitches.
3. Always study the pitcher and his tendencies.
4. Load your bat prior to making the swing. The load can occur when you see the pitcher in 3rd position. You will not be a good hitter without proper loading.
5. You hit with your hands. Power is derived from your hips and bat speed.
6. See the ball hit the bat and follow through on the swing.
7. The hitting swing does not change regardless of where the ball is. The only thing that changes is hand position:
 - A. pitch down the middle- hands drive the ball in normal swing
 - B. pitch on inside of plate- hands must be forward and ball is struck early in swing (hit ball to left)
 - C. pitch on outside of plate- hands remain back and ball is struck later in the swing (hit ball to right field) Do not try to pull this ball!!

The opposite is true for the left handed hitter.

8. “Two Strike Approach” used with two strikes: choke up and spread stance. Swing at anything close and foul off pitches until you get a good strike to hit. Have confidence that you are a great two strike hitter!!
9. Hit with a purpose and practice your hitting with a purpose!!
10. Hit the ball hard and good things will happen!!
11. Bunting: Square with right foot slightly behind left. (opposite for Left handers). Position bat so barrel is higher than handle. Make the bunt in front of the plate. Do not push bat at the ball, but let the ball strike the bat just like catching a ball. Steer the direction of the bunt with the handle.

General Base Running Rules

1. Every base runner represents a potential run.
2. Run hard every time and listen to the instructions from your coaches.
3. Run straight through first and turn to the right upon return.

4. Round first base with a small banana loop towards second base.
5. Always keep the ball in your eyesight if possible. If the ball is in front of you and in the outfield make sure you round each base aggressively. Stay on the base if you do not know where the ball is.
6. You will steal second and third on any ball that gets away from the catcher. **No permission from coach is needed.**
7. Run hard and slide. No head slides.
8. Dive back to the base head first with your hand placed on the farthest part of the base away from the fielder. Turn head away from the play to avoid injury and “crawl up.”
9. Lead with primary (three steps on first and third; four steps towards SS on second base) and secondary positions (two more steps). Run straight to bases. Timing is critical to stealing. When the right handed pitcher’s left leg comes up you go. You need to be careful when at third base and second base, but at this age you typically go.

Be careful with left handed pitchers. You can get picked off easily if you are at first base.

10. Do not steal home unless you have a good lead and the coach provides permission.
11. If a runner is on a base in front of you do not advance unless he does.
12. Tag up on fly balls and go when coach yells “go.” Do not watch the ball.
13. On second base, do not run to third if the ball is hit on the left side of the diamond. Wait until the throw is made to first.
14. On third base, do not run home if ball is hit to pitcher or to third base. Run on any ball hit to the right side of the diamond or to deep short. You are an important runner and you must run hard and slide.
15. When running to second base pick up your third base coach in between first and second.
16. Always be prepared to run if the other team throws the ball wild or does not have control of the ball. We need every run we can get. Be aggressive and smart!
17. If you have any doubt do not run!!

18. If you are at first base and a bunt is made please look to the third baseman. If he charges you keep running to third as there is no one to cover third!

If you are at second base and we bunt or fake bunt and the third baseman charges please steal third. There is no one there to cover the base!

General Rules of Play

1. Know and get the signs from the third base coach (trigger, bunt, take, and steal).

2. One coach will direct the infield and one coach the outfield.

Infielders should listen to coach for plays called.

Outfielders will move based on what the coach tells the centerfielder.

3. Manager will call each pitch by first giving the sign to the catcher who then relays the sign to the pitcher.

4. Every player has a role during the game:

Center fielder and first baseman always have a ball in their glove (duty of players on the bench).

Right fielder or left fielder is warmed up by player on the bench and retrieves "balls in."

One player will keep our pitch count and # of balls & strikes.

5. Each player will hang his bag up and place his helmet, glove and bat in the same place. We want an organized bench with no loss of equipment. Always begin our pregame routine in the outfield.

6. Starting lineups will be announced by the assistant coach. Players are not to ask if they can play a particular position during the game. Coaches are very busy managing their duties during the game. All lineup changes will be announced by the same coach.

Players are to presume they are in the same position every inning until they are told otherwise by the assistant coach. Do not ask!

7. We must play all 6 innings and no game is ever won until the last out!

Go Rams!!



Throw Strikes

Make Plays

Hit it Hard

Team

Pine Richland

**We will Earn the
Label Champion!**

Appendix One

Running A Practice

The most important factor in running a good practice is preparation and organization. The following points may help:

1. Take the necessary time to write down three or four major goals for your team to accomplish during the season. Make sure you articulate the goals to the coaches, parents, and players.
2. From your goals, think about what steps are necessary to accomplish each goal and determine how you will know when a goal is accomplished.
3. Each practice then becomes a step towards each of the goals and realistic expectations are important for each practice. You have 1 or 2 hours to accomplish two or three steps at that practice.
4. Preparation and organization of time are critical to running a good or great practice.

List two or three areas or skills to be covered (i.e., hitting cuts, bunting, base running, infield or outfield play, pitching, etc).

Make an agenda with specific time allotment for each drill (see attached for example) and designate coaches to run the drills or stations.

Maintain a spirited focus and do not permit distraction from your stated goal.

Keep the particular skill areas introduced in practice to no more than 20 minutes if possible. You want to keep things dynamic and moving.

Make an attempt to integrate the particular skills taught into a bigger picture so the players understand why the skill is important. This may take place during a scrimmage or live play. Stop and reinforce the skill you taught.

Expect a ton of mistakes, but maintain patience and use the mistakes as an opportunity to reinforce learning.

Maintain a positive approach.

5. Hand out the practice agenda to each coach prior to the start of practice so everyone knows what is expected.
6. Keep dialogue with the players to sound bites as young players have limited attention.
7. Use some fun skills and games to break up more serious moments at practice (a relay race with base running can be fun).
8. Meet with your coaches after practice to review what was done and to help highlight areas that need more attention next practice.
9. Maintain open communication with your players to let them know the progress the team is making toward the stated goals.
10. Make sure you are having fun as the players will react to the emotions of the coaches.

Sample Practice Agenda (6-8pm)

<u>Time</u>	<u>Activity</u>	<u>Coach</u>
6:00-6:10	Warm up, long toss, stretch	Coach Jones
6:10-6:15	Infield Drill for everyone	Coach Smith
6:15-6:35	Infield work	Coach Jones
	Outfield work	Coach Harris
6:40	Break	
6:45-7:00	Base running (have one coach at each base to teach)	
7:00-7:30	Hitting Practice (break into four groups of 3) Each player: 7 hits, 5 hits, 3 hits and run out last hit Incorporate hitting with a purpose, hitting the ball where it is pitched, two strike approach, swinging at strikes.	
7:30-7:45	Hitting Cuts from the outfield	All coaches
7:50-8:00	Fun Drill and wrap up with team	Coach Smith

*a coach's clinic will be offered to demonstrate a practice session and to teach drills you may choose to use.

PR Training and Development Staff

Lalo Berezo	(412) 480 2811
Dave DeLuca	
Gary Hitechew	(412) 260 3002
Ron Lamendola	(724) 625-3419
Matt LaNeve	(724) 449-3294
Tom Miller	(724) 272-6360
Paul Nussbaum	(412) 471-1195
Robert Petcash	(724) 272 2707
Joe Riley	(412) 287-0982
Lou Schneider	
Doug Strange	(412) 841-2703
Ed Yackovich	(412) 370 2882
Al Yoklic	(724) 444-1986
Dave Zynn	(412) 327 1004
Rich Tomicek	
Thomas Woodrow	
John Mcfarland	
Tim Mckee	
Robert Gleyze	
Phil Jones	
Kevin Mcwilliams	
Harry Rourke	