



COLLEGE "PREP" TEAM ***August 2010 thru end of March 2011***

The Frozen Ropes College PREP Fall Travel HS Baseball Team is a program for HS Varsity athletes trying to get to the college level of athletics. The program has been in existence for the last 6 years (since 2004) and **96% of the players in program have gone on to play college baseball.** All levels of college baseball have been covered from Division 1 – Division 3 schools as well as Community College and Post-Graduate schools.

The program consist of a tryout in early August, then things start up quickly with team practices during the week, competitive games during weekends. All players in program have free access to FRTC to workout whenever they like (as long as cage time is available) during the year. For games, we do travel to NH, Mass and stay in Maine for games (see tentative schedule). As you see from the schedule we do play teams that are older, more experienced, even better athletically than we are so we can learn about the game while still playing the game. We try to play as much as possible in the fall months (until end of October). We try to get positional players approximately 80 plate appearances and pitchers approximately 25 innings pitched on mound. This program is conducted with a developmental philosophy, but at the same time, getting players to compete on a daily basis with each other and against the opponent. We do treat the players as college student athletes and get them to learn time management skills and communication between players and adults. Understanding we have players from Bangor to Wells and Camden to Rangeley, players and families make a commitment for this program.

SOME NOTABLE COLLEGE PREP PLAYERS

1. Matt Watson – Deering HS and attending Boston College on scholarship
2. Matt Verrier – Oxford Hills HS and attending U-Maine on scholarship**
3. Chris Bernard – Scarborough HS and attend U-Maine on scholarship**
4. John Carey – South Portland HS and attending USM (Conference Rookie of Year)
5. Taylor Candage – Deering HS and attending New Haven (CT) on scholarship
6. Kevin Chamberlain – Scarborough HS and attending St Joe's College (starting Pitcher)
7. Costa Kapothanasis – Cheverus HS and attended Mt St Mary's (MD) (starting Pitcher)
8. Jarrett Lukas – Old Town HS – attended U-Maine on scholarship**
9. Gordy Webb – Bangor HS – attending Bates College (starting catcher)
10. Matt Liscovitz – Brunswick HS – attending Haverford (NJ)
11. Jake LaChance – Cony HS – attending Holy Cross on scholarship
12. Ryan Yates – Oxford Hills HS – attending USM (starting Pitcher)
13. Todd Kenneborus – Cheverus HS – attending St Joe's College (All- New England Team)
14. Ryan Arsenault – Portland HS – attending Husson University (starting Pitcher)
15. Pete Lewis – St Dom's HS – attending Clark University (starting INF)