



3T's DAWGS

Fall 2026 Info Document

About 3T's Dawgs

Built for Development. Driven by Results.

Since its foundation, 3T's Dawgs has grown into a program centered around player development, accountability, and long-term growth. Athletes in the Dawgs program are placed in an environment that challenges them to improve daily, both in training and in competition.

More than just a team, 3T's Dawgs provides a platform for athletes to develop, compete, and showcase their abilities against strong competition. Through a combination of advanced training, experienced coaching, and competitive opportunities, players are consistently pushed to elevate their performance. At its core, 3T's Dawgs is built for athletes who are serious about their development and committed to reaching their full potential.

The Facility

3T's Clubhouse

3T's Clubhouse is designed to be a true one-stop shop for athlete development.

Every element of the facility is built to support performance, including:

- State-of-the-art batting cages
- Pitching lab
- Open turf for defensive work and agility training
- Full strength & performance training area
- Dedicated recovery space

This all-in-one environment allows athletes to train every aspect of their game: speed, strength, mechanics, and mindset, without ever leaving the building.

Our Staff & Approach

Approach

Our staff comprises experienced professionals and collegiate coaches, instructors, players, and mentors who bring a deep understanding of the game and a passion for developing athletes. Using modern, proven training methods, we focus on both foundational skills and advanced development.

At 3T's, we emphasize:

- Consistent effort
- Attention to detail
- Competitive mindset
- Respect for the game

3T's Dawgs Staff

Robert Shahidi – 3T's Owner

Toran Shahidi – 3T's Vice President | Director of High School Teams

Will Schart – 3T's Director of Operations | 3T's Infield Coach

Coby Tweten 3T's Asst. Dir. of High School Teams | S&C Coach | Professional Athlete

Kenny Namanny – 3T's Director of Pitching | Former College Coach

Preston Church – 3T's Pitching Coach | Former Division 1 Athlete

Alex Jorgenson – 3T's Dir. of Player Development | Former Prof. Athlete | Fmr. College Coach

Kaden Wadle – 3T's Pitching Coach | S&C Coach | Former Division 1 Player

Aidan Nigh – 3T's Catching Coach | S&C Coach | Former Collegiate Athlete

Sam Kemmer – 3T's Hitting Coach | Collegiate Athlete

Brady Holland – 3T's Infield Coach

Jeff Clement – Former MLB & Division 1 Athlete

Jack Mitchell – Former Collegiate Athlete

Adam Carey – Central College Head Coach

Chris Hill – Roland Story Baseball Head Coach

What Athletes Gain

When athletes join 3T's Dawgs, they gain access to:

- A year-round indoor training facility
- Personalized instruction and development plans
- Group training and team environments
- Professional-level coaching and mentorship
- Opportunities to compete and showcase their abilities

We are committed to guiding each athlete's journey and helping them reach their full potential, both on and off the field.

Development

Hitting

3T's is committed to developing well-rounded hitters through a combination of mechanical training, situational awareness, and a strong mental approach. Our program emphasizes swing efficiency, pitch recognition, and plate discipline to build consistency and confidence at the plate. Hitters are trained in game-like environments to prepare for real competition. The goal is to develop tough, intelligent, and aggressive hitters who can perform at a high level.

Pitching – Elevated Pitching

3T's pitching development is driven through our Elevated Pitching Program, led by Director of Pitching, Kenny Namanny. This program is built to develop durable, high-performing arms through individualized training and advanced data analysis.

Pitchers focus on command, pitch development, and competing under pressure, while also gaining a deeper understanding of hitter tendencies and game strategy. Our goal is to develop complete pitchers who can succeed at the next level.

Includes:

- Motion Capture Assessment & Analysis (Uplift AI)
- Data Tracking & Feedback (Rapsodo 3.0 & 2.0)
- Individualized Throwing Programs
- Pre & Post Throwing Routines
- Arm Care & Recovery Protocols

Defense

3T's defensive training focuses on building reliable, instinctive defenders through fundamentals, footwork, and game awareness. Training emphasizes positioning, efficient movement patterns, and quick decision-making tailored to each position.

Players are challenged in high-repetition, game-like scenarios to sharpen instincts and build confidence. The goal is to develop smart, dependable defenders who elevate team performance.

3T's Strength & Conditioning - Powered by Reidt Fitness Systems

3T's Strength & Conditioning program has been elevated through our partnership with **Reidt Fitness Systems**, one of the top performance programs in the country.

This partnership brings elite-level, individualized programming used by over 150+ MLB players and 1,000+ collegiate athletes. Athletes follow structured plans focused on strength, explosiveness, speed, and durability—while reducing injury risk and improving long-term performance.

Training includes:

- Baseball-specific strength development
- Speed, agility, and movement efficiency
- Rotational power and core stability
- Arm care integration and recovery strategies

Recruiting

3T's offers personalized recruiting guidance led by **former professional players, Division I coaches, and athletes** who understand the process at the highest level.

Athletes receive:

- Honest evaluations of their current level and projection
- Guidance on communication with college coaches
- Assistance with building profiles and highlight videos
- Strategic planning for exposure opportunities

Our goal is to align each athlete's development with real recruiting opportunities and help them navigate the process with confidence and clarity.

Systems & Technology

At 3T's, we utilize industry-leading technology to drive development and eliminate guesswork.

Using Uplift AI Motion Capture and Rapsodo 3.0 & 2.0, we collect real-time data on movement patterns, pitch metrics, and swing performance. These systems allow us to identify strengths, uncover inefficiencies, and build highly personalized development plans. By combining advanced analytics with experienced coaching, we turn data into actionable results—helping athletes make precise adjustments, accelerate their development, and perform at a higher level.

TRYOUTS

3T's Clubhouse

500 NW Reagan Ave, Elkhart, IA 50073

Date	Time	Location
May 19th	8:00 - 10:00 pm	3T's Clubhouse
May 21st	8:00 - 10:00 pm	3T's Clubhouse
May 28th	8:00 - 10:00 pm	3T's Clubhouse
May 29th	5:00 - 7:00 pm	3T's Clubhouse
May 30th	9:00 - 11:00 am	3T's Clubhouse
June 7th	5:00 - 7:00 pm	3T's Clubhouse

\$25/player

Tryout evaluations are done by 3T's Staff, 3T's Directors, & former players

Fall 2026 Events

*Potential Events/Locations
Kansas City
St. Louis
Illinois
Minnesota
South Dakota
Georgia
Florida

*Tournaments determined once event dates are released

Fall 2026 Pricing Breakdown

13u/14u \$1,499	15u-18u \$2,499
4-5 Events/Tournaments 10 Weeks of Training/Practice 2 Practices/Week (Starting Late July) Showcase Event Jerseys & Practice Gear 3T's Membership	6-8 Events/Tournaments 10 Weeks of Training/Practice 2 Practices/Week (Starting Mid July) Showcase Event Jerseys & Practice Gear 3T's Membership
Scout \$749	Scout – White \$1,499
10 Weeks of Training/Practice 2 Practices/Week (Starting August) Showcase Event Jerseys & Practice Gear 3T's Membership	4-5 Events/Tournaments 10 Weeks of Training/Practice 2 Practices/Week (Starting August) Showcase Event Jerseys & Practice Gear 3T's Membership
15u-18u *FOOTBALL* \$1,799	15u-18u Pitcher Only \$1,449
4-6 Events/Tournaments 8 Weeks of Training/Practice 2 Practices/Week (Starting Mid July) Showcase Event Jerseys & Practice Gear 3T's Membership	6-8 Events/Tournaments 10 Weeks of Training/Practice 2 Practices/Week (Starting Mid July) Showcase Event Jerseys & Practice Gear 3T's Membership
Additional Development Day \$300 – Optional Add On	
Adds a Third Practice Each Week Provides 10 Additional Practices	

Practice Locations

Practices will be held twice per week:

Either Monday/Wednesday or Tuesday/Thursday, depending on the schedule for each age group

*Additional Development Day Package available for one extra practice per week

Potential Practice Locations:

3T's Clubhouse - Elkhart, IA

Norseman Field - Roland Story, IA

North Polk High School - Alleman, IA