



## **3T's 2027 Juniors Baseball**

5u – 6u Info Document

### **About 3T's Juniors**

**Built for Development. Driven by Results.**

Since its foundation in 2013, 3T's has built a development pathway that starts with our Juniors program and leads directly into 3T's Bats.

The Juniors program is where athletes learn the fundamentals, build proper mechanics, and develop a love for the game in a structured, development-first environment. As players grow, Juniors serves as the foundation and stepping stone into Bats, preparing them both physically and mentally for competitive team play.

3T's Bats is built for athletes who are ready to take that next step—continuing their development in a competitive environment with the goal of 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 & those around us

### **3T's Juniors Staff**

**Robert Shahidi** – 3T's Owner

**Toran Shahidi** – 3T's Vice President

**Will Schart** – 3T's Director of Operations

**Josh Reidt** – 3T's Executive Director of Strength & Conditioning

**Coby Tweten** – 3T's Director of Strength & Conditioning | Fmr. Professional Athlete

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

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

**Preston Church** – 3T's Director of Youth Pitching | Former Division 1 Athlete

**Mitch Gibson** – 3T's Director of Youth Development

**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

## **What Athletes Gain**

When athletes join 3T's Juniors, 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. Led by Toran Shahidi, a former Division I coach, our hitting program emphasizes swing efficiency, pitch recognition, and plate discipline to build consistency and confidence at the plate.

We utilize Rapsodo technology to evaluate and track performance, providing athletes with data-driven feedback to support their development. 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, a former college head coach. 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 strong fundamentals, footwork, and game awareness. Training emphasizes proper glove positioning, efficient movement patterns, throwing technique, and quick decision-making tailored to each position.

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

Infield development is led by Will Schart, catching by Toran Shahidi and Aidan Nigh, and first base by Preston Church, ensuring position-specific instruction across all areas of the field.

## 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 150+ MLB players and over 1,000 collegiate athletes.

Led by Coby Tweten, our program focuses on building 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 while finding the **right fit** for every player—not just a placement. 3T's takes pride in helping athletes commit to programs where they can succeed long-term, both on and off the field.

As a result, 3T's alumni rarely transfer once they reach the collegiate level, reflecting the emphasis we place on proper fit, preparation, and honest guidance throughout the recruiting process.

## 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.

## Team Levels

Athlete's age on May 1, 2027, determines age group (5u - 6u)

*Athletes may have the opportunity to compete at a higher age level if their skill set supports it*

Each team will carry **11-12 players**

- **Gold:** Major – highest level of local and regional competition
- **Purple:** AAA – competitive regional competition
- **Black, White, Silver:** AA – competitive local/state play
- **Gray:** A – developmental competition within Iowa

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

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### Includes

#### → Season-Long Instructional Practices - Led by 3T's Staff & Instructors

- ◆ Practice Period: January – July
  - Jan 1 – Spring Break
    - 1 Indoor practice per week at 3T's Clubhouse
      - ◆ *Additional optional practices may be scheduled by team coaches*
  - Spring Break – July
    - 2 practices per week
      - ◆ 1 indoor practice at 3T's Clubhouse
      - ◆ 1 outdoor in the Elkhart/Ankeny area

#### → 3T's Clubhouse Membership

- ◆ Benefits:
  - Season-long access to 3T's instructors and training facilities
  - Full access to 16 batting cages, pitching machines, and mound space
  - Exclusive member discounts on private lessons and clinics
  - Access to member-only training opportunities

#### → Practice Gear

- ◆ Two 3T's shirts
- ◆ One 3T's hat

### Payment Schedule

#### **Juniors Fees**

**\$399**

*\*Non-Refundable\**

*Juniors Fees must be submitted at registration*

### Fundraising

3T's offers fundraising for each individual 3T's family to help offset tournament fees

*3T's Juniors Fees are non-refundable*

# **3T's Juniors Baseball – Player & Parent Agreement**

## **Coaching Standards**

3T's is committed to developing athletes through strong fundamentals, teamwork, and leadership. Coaches are expected to prioritize the safety, well-being, and development of every player while maintaining a positive and structured environment. All coaches will treat players with respect and will be held to the highest standards of accountability.

Coaches are required to attend training sessions and clinics prior to the season to ensure consistent instruction across the program. Game coaches are assigned by 3T's and must complete an internal certification process.

## **Player Expectations & Conduct**

Players are expected to represent 3T's with professionalism, respect, and strong sportsmanship at all times. This includes how they interact with coaches, teammates, opponents, and umpires.

Behavior such as arguing with officials, using inappropriate language, taunting others, or displaying negative body language will not be tolerated. Players are expected to remain engaged, accountable, and team-oriented at all times.

## **Tournament Commitment**

Participation in tournaments is a fundamental part of the program. Players are not only accountable to 3T's, but also to their teammates and families.

Due to limited roster sizes, players are expected to attend all scheduled tournament games. While athletes may have outside commitments, 3T's events take priority. Any anticipated absence must be communicated to both the coach and the Director at least 30 days in advance.

Failure to meet this commitment may result in a \$50 fee per missed game.

## **Playing Time Policy**

Playing time is managed by the coaching staff in alignment with player development and team needs. While athletes may experience multiple positions throughout the season, equal playing time is not guaranteed, particularly at higher levels of competition.

## **Tournament Fees**

Tournament fees are not based on playing time, innings played, or participation level. All players are financially responsible for their portion of team expenses regardless of usage or attendance.

## **Parent Expectations & Conduct**

The culture of 3T's is built on respect, accountability, and professionalism. Parents play a critical role in maintaining that standard.

Parents are expected to support players, coaches, and officials in a positive manner. Behavior that undermines the team environment—including verbal or physical abuse of players, coaches, or umpires—will not be tolerated.

During games, parents are expected to maintain an appropriate distance from the dugout and allow coaches to manage all in-game communication with players.

## **Parent–Coach Communication Process**

To ensure clear, respectful, and productive communication, all parents are required to follow the process outlined below. Failure to follow this process may result in delayed or denied meetings.

### **Step 1: The 24-Hour Rule**

Parents must wait a minimum of 24 hours before contacting a coach regarding any concern.

### **Step 2: Player First**

For concerns related to playing time or development:

- The player must first meet directly with the coach
- The player should seek feedback on how to improve
- The player is expected to apply that feedback consistently

### **Step 3: Coach Follow-Up with Parent**

Following the player–coach conversation, the coach will provide a summary to the parent, including:

- Discussion points
- Expectations moving forward
- Plan for evaluating progress

### **Step 4: Parent + Player + Coaches Meeting**

If concerns remain:

- A meeting may be scheduled, including:
  - Player
  - Parent
  - At least two coaches

A follow-up summary will be provided outlining expectations and next steps.

### **Step 5: Director Involvement**

If the issue remains unresolved:

- A final meeting will include:
  - Player
  - Parent
  - Coaches
  - Director

The Director will review all prior steps and assist in determining a final resolution.

### **Enforcement of Rules**

Violations may result in:

- Formal warning
- Suspension (1 game up to 2 weeks)
- Removal from the program

All decisions are at the discretion of 3T's leadership.

### **Indemnification & Non-Disparagement**

Participants and families agree:

- Not to make any public or private statements, including on social media, that harm the reputation of 3T's, its staff, or its athletes
- Violations may result in immediate removal from the program without refund

### **Financial Commitment**

By accepting a roster position:

- Families are contractually obligated to fulfill all financial commitments
- Withdrawal does not eliminate financial responsibility
- All fees must be paid in full, regardless of participation

### **Roster Adjustments**

3T's Juniors Baseball reserves the right to modify, adjust, or reassign team rosters at any time throughout the season. Such changes may occur due to, but are not limited to, injuries, player availability, positional needs, team performance, or any other reason deemed necessary by the organization.

All roster decisions are made at the sole discretion of 3T's and are intended to support the overall development of players and the competitive integrity of the program.

### **Acknowledgment**

By accepting a position within 3T's Juniors Baseball, players and families acknowledge and agree to all terms outlined in this Agreement.