

# MR. VINTON

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## Eastwood Eagles Baseball

EASTWOOD



EAGLES

### The Eagles' Way

**Demands commitment, denies selfishness and accepts reality, yet seeks constant improvement while promoting the good of the team above self**

#### **The Right S.T.U.P.H.**

**Servanthood** – make teammates better, lead by giving

**Thankfulness** – learn from every circumstance

**Unity** – do not divide our house, team first

**Passion** – do not be lukewarm, commit to excellence

**Humility** – know who we are, strengths & weaknesses



Resource: NHS Baseball

## 8<sup>th</sup> Grade Baseball Schedule & Results **Team Record: 1-6-1 2017**

### Season Statistics

<u>Day:</u>	<u>Date:</u>	<u>Opponent:</u>	<u>Results:</u>
Tue	4/11	<a href="#">@ Lynhurst</a>	<b>Tie</b> 5-5
Thu	4/13	<a href="#">@ Northview</a>	<b>Loss</b> 17-4 (5 inn)
Wed	4/19	<a href="#">@ Stonybrook</a>	<b>Loss</b> 13-10
Tue	4/25	<a href="#">@ Westlane</a>	<b>Loss</b> 13-2 (5 inn)
Thu	4/27	<b>vs. New Augusta</b>	<b>Loss</b> 17-11
Mon	5/1	<a href="#">@ Chapel Hill</a>	postponed
Thu	5/4	<a href="#">@ Fall Creek Valley</a>	postponed
Mon	5/8	<a href="#">@ Lincoln</a>	<b>Win</b> 19-3
Thu	5/11	<b>vs. Westlane</b>	postponed
Mon	5/15	<b>vs. Northview</b>	<b>Loss</b> 12-3
Thu	5/18	<b>vs. Belzer</b>	<b>Loss</b> 14-3

**Head Coach: Doug Vinton**

## **7<sup>th</sup> Grade Baseball Schedule & Results** Team Record: 3-5 **2017**

### **Season Statistics**

<u>Day:</u>	<u>Date:</u>	<u>Opponent:</u>	<u>Results:</u>
Wed	4/12	<b>@ Lynhurst</b>	<b>Win</b> 13-3 (5 inn)
Tue	4/18	<b>vs. Heritage Christian</b>	<b>Loss</b> 19-10
Wed	4/19	<b>vs. Decatur</b>	<b>Loss</b> 13-2
Tue	4/25	<b>vs. Westlane</b>	<b>Loss</b> 6-5
Wed	4/26	<b>@ Westlane</b>	<b>Win</b> 11-8
Mon	5/1	<b>vs. Chapel Hill</b>	postponed
Wed	5/3	<b>@ Orchard</b>	<b>Win</b> 8-6
Thu	5/4	<b>vs. Fall Creek Valley</b>	postponed
Mon	5/8	<b>vs. Noblesville East</b>	<b>Loss</b> 13-1
Thu	5/11	<b>@ Westlane</b>	<b>Loss</b> 12-2

**Head Coach: Caleb Snow**

# Taking Care of Your Pitching Arms & Bodies - Use **R.I.C.E.**

## **Rest**

Rest from any activity that increases your pain. It is also important to avoid activity that causes an increase in pain or ache after that activity with rest (such as the following night or morning). Ideally lie down in a comfortable position to minimize swelling and further damage.

## **Ice**

Ice the injured area for 20 minutes every 2 hours. Use crushed ice or an **ice pack** wrapped in a damp tea towel.

## **Compression**

Compress the injured area with a **compression bandage** to minimize swelling. If on applying a compression bandage you experience pins and needles, numbness or ANY color change in your extremities (e.g. foot or hand), the bandage is too tight and is cutting off your circulation. It must therefore be loosened or taken off completely. Remove your compression bandage for sleeping.

## **Elevation**

Elevate the injured area above the level of your heart (provided this does not cause an increase in pain) for as long as possible to minimize bleeding and swelling.

## Emergency Information Forms

- [Click HERE to complete all the Emergency Forms online \(~5 minutes\)](#)
- OR – Click below on each form to download and print off. \*\*Return all 3 forms to Coach Vinton before the end of the Spring Parent Meeting!
  - [Emergency Contact Form](#)
  - [Ride Home Permission](#)
  - [Conflicting Schedules Form](#)

**May 17:** Spring Athletics Banquet @7pm

**May 10:** Middle School Night at North Central Baseball Diamond

**May 6:** Car Wash Fundraiser

**April 16:** Team Pictures

**March 21:** Parent Meeting Notes

**March 13-15:** Team Tryouts

**November 6, January 22, & February 5:** Baseball Call Outs

## Team Communications

[Email Coach Vinton](#) | [Email Coach Snow](#)

Twitter Updates: [@EastwoodDVinton](#) | [@EWMSAthletics](#)

Remind: [Eastwood Baseball-Remind Invite](#)

[Eastwood Athletics Newsletter](#)

## North Central Panthers Baseball



### [North Central Panthers Baseball Website](#)

- EW Athletics – Parent Meeting Presentation
- [Official Eastwood Spirit Gear](#)
- [Heads-Up Concussion Fact Sheet](#)
- [IHSAA Physical Packet](#)

[http://www.uwhealth.org/files/uwhealth/docs/pdf2/sports\\_rehab\\_fry.pdf](http://www.uwhealth.org/files/uwhealth/docs/pdf2/sports_rehab_fry.pdf)

# Archives

## **2017 Eastwood Baseball Season Archive**

- 2017 Teams were 3-5 (7<sup>th</sup>) & 1-6-1 (8<sup>th</sup>)
- [2017 8th Grade Team Season Statistics](#)
- [2017 7th Grade Team Season Statistics](#)

## **2016 Eastwood Baseball Season Archive**

- **2016 Teams were 4-2 (7<sup>th</sup>) & 7-0 (8<sup>th</sup>)**
- [2016 8<sup>th</sup> Grade Team Season Statistics](#)
- [2016 7<sup>th</sup> Grade Team Season Statistics](#)