

Le Moyne College Baseball



November 28, 2012

Greetings from the Heights,

I hope everyone had a great Thanksgiving. We have just finished our workouts for the fall semester and I am extremely happy with where we are at this point. It is now time for the student-athletes to buckle down and get ready for the stretch run of classes and finals. We are very proud of our accomplishments in the classroom as we received the "NE-10 Team Academic Excellence" award last season for the highest team GPA in the conference. We are striving for another great semester in the classroom and to repeat as award winners for the following semester.

On the baseball side of things, the fall season was a great success. The new additions have fit in very well and the team chemistry looks good. The guys have been working out very hard in the weight room and it shows as they are in great physical shape at this point. We would like to give a special thanks to Ben Gaal, a former player here at Le Moyne, who is a certified Strength and Conditioning Specialist at A.P.E Strength Training located in the CNY Baseball Warehouse (www.cnybaseballwarehouse.com). Ben has worked with our team the past few years and we have seen great improvements in this area of our program.

There will be some battles for starting spots as the spring season gets under way that should be fun to watch. The guys will have to continue to work very hard over break to be ready to go when they arrive back on campus in January. We will only have a few weeks to prepare before we head to North Carolina for our first game against Mount Olive. We are looking forward to another exciting season ahead.

Coach Cassidy