



Media Release

Contact:
Mark Gallion
Diamond Baseball Network
St. Louis, Missouri
Phone: (314) 406-3196
Email: Coach.DiamondBaseball@gmail.com

December 18, 2006

FOR IMMEDIATE RELEASE

Two New Podcasts for Youth Baseball

(St. Louis, Missouri) – A youth baseball coach and business executive in St. Louis has produced two new podcasts targeted at select level youth baseball teams. The podcast website is at <http://www.diamondbaseballnetwork.com>. Both podcasts, ***Coaches' Corner*** and ***Diamond Edge***, are listed on the iTunes Music Store, Podcast Alley and other large podcast directories.

A podcast is an audio program that is distributed by subscription over the Internet for playback on mobile devices, such as iPods, and personal computers.

The ***Coaches' Corner*** provides information and advice for coaches of youth baseball teams. Podcast episodes are published twice per month and, in 20-30 minutes, will cover important topics related to a specific time in the season. The initial episodes cover key elements of an offseason and preseason program for select level teams. The content is targeted primarily at 12-16 year old teams.

“Coaching select level baseball is becoming a year-round activity,” said Mark Gallion, the podcast host. “***Coaches' Corner*** provides information and advice to help coaches develop better baseball programs, and to have a more positive impact on youth players”, he said. The podcast covers advanced baseball training and skill development and also offers advice on the administrative and front office roles that are important in running a select level baseball program.

The ***Diamond Edge*** podcast is targeted for baseball players, ages 13-18. This podcast focuses entirely on the mental side of the game, with the primary goals of helping players improve mental toughness to compete on the diamond, and to learn important life lessons from baseball that can be taken off the diamond. Each episode is 5-7 minutes long and focuses on a single topic. A short homework assignment is given to players at the end of each episode.

“The mental side of baseball is often under-emphasized and under-coached in youth and high school baseball,” said Gallion. “The ***Diamond Edge*** provides a good curriculum for players to develop these important skills. Coaches and parents will want to assign these episodes to players as part of their overall baseball program.”

Mark Gallion, a long time youth baseball coach and business executive in St. Louis, will publish the podcasts throughout the 2007 season, along with continuing to coach youth baseball.