

“My name is Jamie Balevic, I am a strength and hitting coach at DST Arizona and a retired Arizona Christian University baseball coach. I have been working with Luke Richards since 2020.

When I first met Luke, he was pretty un-athletic for his age and size, but absolutely loved the game of baseball, and his motivation for training was the possibility of being able to compete with a better club team.

As time went on, and he grew into his body and strength, he would ask me what more could he do, as far as training, movement, nutrition, and recovery goes. He’s obviously an extremely smart kid, and fell in love with the process of improving himself. Over the last three years, he continually puts more and more effort into developing his skills as an athlete, and has made major strides, which is exciting, because there is still so much genetic potential for him. The ball player that Luke is now is exponentially better than he was last year, and is continuing that rate of development even now in spring of his junior year.

The summer of 2022 Luke began asking me about how far away he was athletically from being a college recruit level high school player. I was honest with him and gave him a checklist of things he needed to do on the recruiting side, as well as the skill development side. He has been the last seven months being completely dedicated to the tasks on that list. He at the facility to train each day, working with a pitching coach, dialing in his nutrition and recovery, all while maintaining his ridiculous GPA. He found a goal that he wants to reach and in true Luke Richards fashion dive headfirst into doing the things that he needs to do to reach that goal.”