

# Southwest Baseball 2009

## Tryout Information

### Before you practice you must turn into the Athletic Director completed:

- 1) Physical form
- 2) Parent Permission form
- 3) Information Card or have participated in a previous sport this year.
- 4) LSW Code of Conduct
- 5) LPS Code of Conduct

### Evaluation and selection of teams. Criteria for tryouts

- 1) **ATTITUDE**
- 2) Coachability - willingness to listen to instruction and to try new things.
- 3) Overall strength – bench press body weight & vertical jump
- 4) Arm strength - Radar gun
- 5) Fielding ability
- 6) Hitting ability
- 7) Pitching - command of pitches & velocity.
- 8) Speed - 40 yd time and pro agility
- 9) **HUSTLE** - enthusiasm and love of the game.
- 10) Attendance & punctuality

### Practice Gear- what you will need.

- 1) Indoor and outdoor shoes -weather permitting- SPIKES -do not purchase spikes until you have made a team.
- 2) Sweats- tops and bottoms -dress warm if we go outside.
- 3) Baseball hat- stocking cap for outside
- 4) Baseball glove
- 5) Protective Cup! REQUIRED.

### Practice times and schedules

Because our practice schedule is many times dictated by the weather you must check the baseball display case in the athletic hallway for your practice times, **EVERYDAY**, during tryouts.

### Injuries

If you think that you are injured and unable to play you must report to the Training Room to see Crystal Kjar. She will determine if you are able to compete or not and will administer treatment as needed. If you are not able to participate because of an injury, you will follow the rehabilitation program as ordered by our trainer.

### Come Prepared

When tryouts begin you must show up prepared to display your **Best Abilities**, your **Best Attitude**, and your **Best Hustle**. The best way to get noticed is to hustle everywhere.

## **When making a Commitment to a Southwest Baseball Team:**

- 1) **Know that** we will practice everyday after school, on Saturdays, during Holiday Breaks, and other vacation days - you are expected to be at all practices and games.
- 2) **Know that** there will be games every week with some out of town.
- 3) **Know that** because this is baseball there will be rain outs and those games may be rescheduled.
- 4) **Know that** you must take responsibility to let your coach know, in advance, that you will not be at practice due to illness. Remember, if you are not at tryouts, you can not be evaluated.
- 5) **Know that** you represent Southwest High School not only when in school but also when you are at home, and in the community.
- 6) **Know that** school comes first. You must be enrolled in at least 15 Hrs. of credit during terms 3 & 4 and must have passed at least 20 Hrs. in terms 1 & 2 of this school year. **Attendance** in every class is essential!
- 7) **Know that** this is not an intramural program, you are not guaranteed equal playing time.
- 8) **Know that** an expectation of this program is that you are **ON TIME** to all practices and games.
- 9) **Know that** winter sports may run long and those who come out late will also get a tryout.
- 10) **Know that** being a part of a team is a huge responsibility and that you are expected to fulfill your commitment to the team!
- 11) **Know that** *baseball is a great game!* Play hard and have fun!
- 12) **Know that making a team at LSW has absolutely nothing to do with what team or teams that you may have played on in the past.**

**This is not recreational baseball.**

**Unfortunately, not everyone who tries out will make a team.**

(please cut on the dotted line and return)

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**As the parent/guardian of \_\_\_\_\_, I have read and fully understand the information provided which includes the process of tryouts and expectations of being a member of a baseball team at Lincoln Southwest H.S.**

**Parent Signature** \_\_\_\_\_

**Athlete Signature** \_\_\_\_\_