



Player / Parent Baseball Meeting

12/8/2020

Physicals & Grades

- ▶ You must have a Cobb County Physical completed and uploaded to Synergy prior to tryouts.
- ▶ I cannot accept hard copies of the physical
- ▶ If your physical is not uploaded prior to tryouts, you cannot tryout.
- ▶ Link to Physical: [2020-2021-Physical.pdf \(allatoonabucs.com\)](#)

- ▶ You must have passed at least 3 of 4 classes in Fall to be eligible to play this year and you must be on track to graduate.

Tryouts

- ▶ Tryouts will be January 18th, 19th & 20th at LakePoint from 4pm to 6:30pm
- ▶ We will have two fields for tryouts
- ▶ Players will have to wear masks when they are in dugout area and cages at all times. Players do not have to wear masks at their positions as long as social distancing can occur. So, when we take infield and outfield, masks will have to be worn but when we scrimmage and there is only one person at each position, no mask. Hitting, no mask.
- ▶ Coaches will wear masks at all times

Tryouts

- ▶ Due to Covid restrictions, players cannot share equipment. Players must have their own bat, helmet, glove, hat, shoes, etc...
- ▶ Baseballs will be changed with each pitcher or when the ball is put in play. The ball will be sanitized.
- ▶ Parents can come to tryouts but cannot be near players, dugout area, cages, please sit in stands or bring your own chair.
- ▶ Players will have to bring their own individual water bottle and cannot share with each other.

Tryouts

- ▶ Coaches will evaluate each player at tryouts. The best 20-24 players will be on Varsity – there is not a grade restriction, if our best 20 are freshman then we will have 20 freshman on varsity
- ▶ JV will be about the same roster size, 20-24. We will be carrying more JV players than last year due to COVID. Juniors can make JV if the coaching staff believes that a Junior can help us this year. A majority of the JV will be Freshman and Sophomores.

Tryouts

- ▶ Position Players will be evaluated on:
 - ▶ Hitting: Line Drive Contact, Bat Control, Power, Bunting, Ability to hit to all fields, knowing the strike zone, getting rbi's, minimize strike outs. Instincts
 - ▶ Defense: Arm Strength, Arm Accuracy, Positional Movement, Know where to go with the ball, fielding fundamentals. Catchers – POP Time, Blocking, Pitch Calling, controlling the game. Instincts
 - ▶ Speed: Overall Speed, Baserunning ability, Instincts
- ▶ Pitchers will be evaluated on
 - ▶ Control of FB and Offspeed pitch -competitive strikes (Not down the middle of the plate)- Ball/Strike ratio.
 - ▶ Mound Presence, Demeanor
 - ▶ Velocity
 - ▶ Fielding their position

Tryouts

- ▶ We will Scrimmage on Monday and Wednesday and Tuesday will skills day. (Weather permitting) Pitchers will throw 20-25 pitches to live batters on Monday and Wednesday. Batters will get at least 5 live AB's as well as BP session and Cage sessions.
- ▶ Players could make the team as a Position Player, Pitcher Only, or Position Player & Pitcher
- ▶ Teams will be posted by 11pm on Wednesday night, unless we need additional tryout days due to weather or Covid.
- ▶ Players that do not make team can meet Coach Hansen and he will go over with you what you need to work on. (This will probably be virtually)

Appearance

- ▶ We expect our players to be clean shaved, short hair.
- ▶ At practice, players should always wear
 - ▶ Game/Practice Hat (Bill bent – Flat Bills are for show not for playing) - (provided in player package)
 - ▶ Clean Baseball Pants / Shorts if indoors (provided in player package)
 - ▶ Practice Shirt, tucked in (provided in player package)
 - ▶ Jacket or Hoody (provided in player package)
 - ▶ Sleeves (black) – all players, always. If you a pitcher, your sleeve can only be one color.
 - ▶ Black Baseball Socks/ Black Belt (provided in player package)
 - ▶ Cleats (black)
 - ▶ Turfs (black), or Molded Cleats for Turf (no slippers, flip flops, sandals, etc..)
 - ▶ All equipment: glove, helmet, batting gloves, bat, catchers gear
 - ▶ All infielders and catchers have to wear a protective cup on defense. If you do not wear your cup, you will not play.

Regular Season

- ▶ Our Season Runs from 1/18 to end of May
- ▶ We practice M-Sat. M-F practices are usually 3:50 – 6:45. Saturday Practices are dependent on team and weather. M-F, You should be dressed and on the field by 3:45. Saturday, you should be dressed and on field 5 minutes before start time.
- ▶ You should only miss practice/games if you're sick/illness, family emergency, or family event (wedding, funeral, religious event). Vacation is not an event.
- ▶ You should not be in a throwing program or playing for another team during our season.

Regular Season

- ▶ JV will not play or practice these dates of Winter Break, 2/14-2/21. They will scrimmage on Saturday 2/13. JV will not play or practice over the following Spring Break dates – 4/4 – 4/11.
- ▶ Varsity be off for Winter Break from Sunday 2/14 to Wednesday 2/17. We will practice on Thursday 2/18 and play 2/19 and 2/20.
- ▶ Varsity will not be off for Spring Break. Spring Break is a makeup week for any region games missed for COVID.

Outside Coaching

- ▶ Outside Pitching and Hitting Coaches are at the discretion of the player.
 - ▶ You should not be throwing any bullpens outside of Allatoona High School, we track your pitch count and days off to protect your arm.
 - ▶ Hitting philosophies are all different. I expect a line drive approach to the plate and should be able to hit to all fields, that is the type of hitting coach you should be going to.
- ▶ No outside coaching from stands during games or practices – if during a game, the player will be removed from the game. If during practice, we will address with player. Multiple infractions will be dismissal from the program.

Summer and Fall

- ▶ Summer - As long as Covid goes away, we will have a Varsity and JV Summer Team that will play in PG and PBR Tournaments. We will play the month of June. The expectation is that all players that are not Varsity Starters play here so the coaching staff can continue growth and evaluation. The team will be coached by our coaches and former players.
- ▶ Fall – All players not playing a Fall sport should play fall ball with us.

** If you do not play here in summer or fall, it does not mean you will be cut, but if you are not a Varsity starter, it will give you a better chance to be evaluated and coached by our staff. Which will give you a better shot at playing Varsity baseball. If two players have the same tryout, which person would you keep, the one you have seen for 3 months, or the one you have seen for 3 days.