

**Jefferson High School Baseball Tryouts**

**Coach Ross Koenig (****koenigr@jr7.k12.mo.us****)**

**Coach Robert Kuehnle**

**Coach Gene De Salme**

1. Baseball tryouts for the 2014 season will be held Monday, Monday, March 2 and Tuesday, March 3rd from 2:45-5:30. We will meet at the field if weather permits. Be on time. If the weather is bad we will be in the gym or at the football field. There will be an announcement made in that case. Be prepared. We may be inside or outside depending on the weather. Even if it is cold. To be prepared you will need….
	1. Glove(s)
	2. Hat
	3. Spikes
	4. Running shoes
	5. Pants (preferably baseball pants but some sort of athletic pants for use on the field)
	6. Long sleeves, hoodie, jacket, shirt with sleeves (absolutely no sleeveless shirts)
	7. Protective cup

We will hold a two day tryout on Monday and Tuesday. Players will be told Wednesday after school if they have made the team. Dates may change for basketball players reporting late due to the success of play in the district tournament. Players who do not make the team will still have an opportunity to go to track Wednesday if they wish. The tryout will not be a normal professional tryout as the varsity team has only 14 practices until the first tournament. The two day tryout will consist of defensive work (infield, outfield, catching), hitting, pitching and baserunning.

* 1. Home to first times time permitting (running)
	2. First to third times time permitting(running)
	3. Fly balls/ground balls in the outfield and throws from right field to third base
	4. Ground balls and throws from the shortstop position.
	5. Bullpens (pitchers/catchers)
	6. batting practice

We have had open gyms since January, lifting 5 days aweek since November and hitting 4-5 days a week since January so all players arms and bodies should be ready to go.

The following is a list of criteria that will be considered in deciding the team and playing time once on the team.

* 1. Ability-based on 5 tools-arm, range, glove, bat, speed
	2. Knowledge of the game
	3. Character (discipline issues and distractions)
	4. Team player
	5. “coachability”
	6. competitiveness
	7. Work ethic
	8. Respect for the game-playing hard
	9. Position (catcher specific, pitcher specific, etc….)

The coaching staff and I are looking for players who are talented, have a strong work ethic, who are willing to do the things to make themselves and the team better. Players who are willing to compete against anyone and who are willing to play hard and get better every day with no exceptions and no excuses.

**Tips for Making the Team**

1. Listen, Learn and watch.
2. Look the part. Jersey tucked, hat on straight, socks.
3. Hustle to every station or drill. Never walk.
4. Help carry and put up equipment.
5. Help with field work.
6. Always pay attention and ask questions if unsure. Listen and learn.
7. Be open to coaching and constructive criticism.
8. Don’t pretend like you know everything…..nobody does.
9. Don’t act like you are too good to do the drill…..nobody is.
10. Do not be afraid to get dirty.
11. Have all of your paperwork turned in on time; physical, insurance forms, etc…
12. Get ready after school and be ready to go by 2:45
13. Take care of your school work and behavior in and outside of school. No character issues.
14. Be a good teammate
15. Be dependable. With having only a two day tryout it is extremely important to be there to show what you have to the coaches. We also must be able to depend on you throughout the season so it is extremely important that you attend all workouts and games. This may mean that you might have to give up camping trips or fishing trips or others. All successful people have given up something to be successful.
16. Take care of your equipment and the teams. Do not leave your gear lying around.
17. Have a positive attitude
18. Body language is very important.
19. Leave your personal life off of the field….the field is our sanctuary.
20. Attention to detail. Hitting bases, warming up, stretching, following directions
21. Put the team and program first
22. Be willing to go outside of your comfort zone
23. Play hard