



**2014 & 2016 Connecticut State LL Semi-finalists
2015 Connecticut State LL Quarter-finalists**

**@dmast_shsball
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shstrojansbaseball.com**

Conditioning Week

- 12 players (2016 varsity pitchers & catchers...as many JV as possible)
 - 8 pitchers and 4 catchers
- **NOT A TRYOUT**
- **OPTIONAL conditioning open to all athletes**

Tryouts (can change daily – PLEASE bring sneakers AND cleats. Dress in layers. Wear baseball pants or sweats.)
The schedule is designed to get smaller groups, maximize space and allow coaches to attend all sessions. It requires a great deal of flexibility and effort from parents, players and coaches.

- **March 20th**
 - **Frosh/Soph – 7-8:15**
 - **Jr/Sr – 8:00 – 9:30**

WE TAKE THE LATE SPOT SO WE ARE ALLOWED THE MOST TIME IN THE BLUE GYM.

- ***Our job is to put student-athletes at the level where they can maximize their potential and have a chance for team success in the program.***
 - ***Varsity level students-athletes are ready for the highest level of competition***
 - ***JV student-athletes may be ready, or have potential to play at the highest level by the end of the season***
 - ***Frosh level will consist of student-athletes who have the most potential to play at the highest level within a season or two.***
- We will use a rubric to rate student-athletes and use that as one of the evaluation tools.
- It will become increasingly difficult to make a team throughout high school.
- Previous years placement on a team does not guarantee a roster spot for current season
- Each student-athlete will meet with the coaches to discuss their role, team level or their absence from the final roster.

Paperwork

- Players must go to Athletic Office or to SHS web site to get forms.
- Must have up to date physical information on file with the health office
- Bring a check for \$175.00 made out to Simsbury High School
- All forms must be turned into the SHS athletic office prior to the start of tryouts

Expectations

- Meet academic obligations (must attend school in order to practice or play in game)
- Be at all games and practices
- Baseball does not get an April vacation
- Playing time is *not equal*, players can expect conversations with a coach in regard to roles & playing time. All roles, at all levels are equally important.
- We expect the players to communicate with a coach if they are not pleased with their role or playing time.
- Players are not allowed to participate as a member of another team and participate at the high school during the season

Varsity Baseball Staff

Dave Masters dave_masters@whps.org
Chris Cannata ccannata@simsbury.k12.ct.us

JV Baseball Staff

John Neagle neaglej@hotmail.com

Freshman Staff

Niko Zimmitti nzimmitti@simsbury.k12.ct.us

Practice and Games

Frosh

- Practice at SHS (communicated if different). Time TBA
- Home games at SHS (communicated if different) – normally opposite the varsity/JV schedule

JV

- Practice at SHS (communicated if different). Time TBA
- Home games early season at SHS – second half of season at Memorial
- Follow same schedule as varsity

Varsity

- Practice at Memorial
- Home games at Memorial – usually 6:00 or 7:00 pm start