

SAN MARCOS RATTLER BASEBALL TRYOUTS

Student-Athletes will be tested for their:

1. Athletic Ability
2. Knowledge of the Game
3. Character, Behavior, and Grades

Tryouts will be held Friday, January 31, Saturday, February 1, and Monday, February 3. The Head Coach has the final decision on all final rosters.

Agility test

1. Speed Tests
 - a. Players will run 3x 60 yards timed sprints
 - b. Player will run Pro-Agility timed sprints
 - c. Players will be timed from home to 1st twice
 - d. Players will be timed from 1st to 3rd twice
2. Physical Tests (A rubric will be used to grade abilities)
 - a. Players will be given 5-8 ground balls and throws to 1st base.
 - b. Players will be given 5-8 fly balls in the Outfield.
 - c. Players will have a 250 throw from the OF to determine arm strength (2-3 throws)
 - d. Player will be evaluated hitting on the field with pitching machine (8-10) swings to determine ability
 - e. Pitchers and catchers will tested separately at the end of practice

Finally:

- 1) Players must have physical and all paper work on file with our Athletic Training Department before the day of tryouts.
- 2) Students must tryout in order to make the team.

Extenuating circumstances will be taken into consideration.

- 3) Other sports that are in-season will have another day to tryout if necessary. Any and/or all tests will be used to make the final rosters.
- 4) Rosters will be posted Monday night February 3, 2020 using student ID numbers.
- 5) Rosters will be posted in front lobby of SAC, front of High School, Varsity and JV locker rooms.