

Rockford Varsity Baseball Tryouts,

The time has come for a new baseball season. Tryouts begin on Monday March 13, 2017. The coaching staff is looking forward to the upcoming season. Below you will see the tryout schedule for the Varsity team Tryouts. **If the weather is nice we will be outside right after school.** Here are my expectations for tryouts.

1. Everyone show up on time. On time means ready to go by the listed time below. I would advise being 10 minutes early.
2. Everyone wearing baseball pants, tennis shoes or turf shoes, baseball hat and some sort of Rockford gear. Please also make sure you bring your glove, and any other equipment you will need.
3. Energy and listening skills. We have limited time so we need to hustle everywhere we go.
4. The team will be decided upon by Thursday March 16 at the latest.
5. Tryouts will consist of the following with some additional stuff as well.
 - a. 60 yard dash
 - b. Pitchers velocity off mound as well as command of the strike zone with all pitches
 - c. Infielders fielding as well as accuracy and velocity throwing to 1st base
 - d. 1st basemen fielding as well as accuracy and velocity throwing to 2nd base
 - e. Outfielders throwing velocity across the gym as well as accuracy
 - f. Hitting will consist of exit speed off the bat as well as how well you can hit the pitches given.
 - g. Catcher's pop time, receiving and blocking skills.

Tryout Schedule:

DATE	Location	TIME	MEETING SPOT
Mon. March 13:	RHS	4:30 to 9:00	Meet in Cafeteria of the High School
Tues. March 14:	RHS	6:30 to 9:00	Meet in Upper Gym
Wed. March 15:	RHS	4:30 to 7:30	Meet in Cafeteria of the High School
Thur. March 16:	RHS	6:30 to 9:00	Meet in Cafeteria of High School
Fri. March 17:	RHS	3:00 to 5:30	Upper Gym
Sat March 18:	NRM	8:30 – 2:30	Varsity team works Youth Camp

Questions please email me at mvriesenga@vprm.net or call me at 616-634-0319

Thanks,

Matt Vriesenga