



# ***ALX Sunday Night Baseball***

**Week of January 8th**

**ALX Dugout Club**

[www.baseballalx.com](http://www.baseballalx.com)

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Cougar Families,

### **ADJUSTED TRYOUT ITINERARY**

**See info below for times (due to #s)**

Can't wait for the spring! 1 Days away!

**UPCOMING: JANRUARY 12, 2023**

**COUGAR KICK OFF: PARENT AND PLAYER  
GET TOGETHER. CAFETERIA**

**6:15-7:15 PM**



TEAM SCHEDULES, MONLTHY PRACTICE,  
YEARLY BREAKDOWN: JAN 12. 2023

# TRYOUT ADJUSTMENT

2023 ALX Spring Baseball Overview | January 9<sup>th</sup>, 2023

## Day 1 → MONDAY ADJUSTMENT - All itinerary

### Check in: Concession Stand

**3:45** Stretch, Arm Care, Throw  
FR - SO Stretch and light toss  
JR - SR Stretch and Throw in RF (Ready to throw – (PO Wait to throw)

**4:05** FR-SO Run 60s – (LF) (Transition to cage)  
Cage Eval – Lane 1 | Lane 2 | Lane 3  
10 MIN 10 MIN 10 MIN

JR-SR Defensive Progression

4:05 OF – Throw to Bases/Multi Flyball *(PO Help on bucket)*

4:18 INF – Mass Ground ball  
6-3 | 5-4 | 6-4 | 5-3 | 3-6 | 4-6

4:25 C – Throw to bases

**4:40** JR-SR Run 60s – (LF) (Transition to cage)  
Cage Eval – Lane 1 | Lane 2 | Lane 3  
10 MIN 10 MIN 10 MIN

FR-SO Defensive Progression

4:45 OF – Throw to Bases/Multi Flyball *(PO Help on bucket)*

5:00 INF – Mass Ground ball  
6-3 | 5-4 | 6-4 | 5-3 | 3-6 | 4-6

5:15 C – Throw to bases

**5:35** Team Defense  
Everybody @ their positions  
R on 1<sup>st</sup> | R on 2<sup>nd</sup> | R on 1<sup>st</sup> and 2<sup>nd</sup>  
Pitchers on the RF track | 2 ON THE MOUND | rotate to LF

**6:00** **Clean up**  
Job List posted  
Game Line up will be posted at tryouts Tuesday.

**PLAYERS MUST BE PROPERLY EQUIPED TO TRYOUT:** *Players must have an updated physical in ~~Privit~~.*

**Equipment:** *Cleats, Glove, Baseball Pants, Proper Cold weather attire, hat, belt, shoes or turf for indoor, NO CROCS SLIDES HEY DUDES.*

**UPON ARRIVAL:** *Check in through concession stand, head to dugout, follow itinerary posted for the group.*

# TRYOUT ADJUSTMENT

## 2023 ALX Spring Baseball Overview

January 10<sup>th</sup>, 2023

**Day 2 → TUESDAY ADJUSTMENT - All itinerary**

### FR-SO Schedule:

#### Check in: Concession Stand

3:45	Stretch, Arm Care, Throw Starting Pitchers – Bullpen (1 <sup>st</sup> Catcher)
4:05	IN/OUT
4:15	Game Begins Pitchers: 3 Batters – 15 Pitches Position: Rotate Positions each Pitcher (Remain Line up order)
5:30	Clean up

### JR-SR Schedule:

#### Check in: Concession Stand

5:15	Stretch, Arm Care, Throw (FB Field) Starting Pitchers: Game Starts @ 5:40 (Report to Bullpen)
5:40	IN/OUT
5:50	Game Begins
7:30	Clean up

**PLAYERS MUST BE PROPERLY EQUIPED TO TRYOUT: Players must have an updated physical in Privit.**

**Equipment: Cleats, Glove, Baseball Pants, Proper Cold weather attire, hat, belt, shoes or turf for indoor, NO CROCS SLIDES HEY DUDES.**

**UPON ARRIVAL: Check in through concession stand, head to dugout, follow itinerary posted for the group. /**



# TRYOUT FORMAT

TRYOUTS: Cougar Stadium

**JANUARY 9TH, 2023**

**JANUARY 10TH, 2023**

**GAME SCHEDULE WILL BE SENT MONDAY NIGHT**

## Tryout Format

**DAY 1 - PRO STYLE WORK OUT**

**DAY 2 - SIMULATED EVALUATION**

Players will be evaluated on a number of different aspects through both days of tryouts.

Pro Style Work out:

Speed and form (60 times)

On field movements and preparation

Offense

Mechanical Foundation,  
bat speed, bat to ball  
contact, adjustability

Knowledge of strikezone,  
ability to adjust,  
**COMPETITIVE NATURE**

Defense

Footwork, fielding actions  
agility, arm action/strength

Knowledge of position,  
coachability, body  
language, hustle

Pitching

Mechanical Foundation,  
Arm action, ability to  
throw FB/CH, Strile %

Body Language, trust in  
ability, knowledge of the  
game, mentality





# POST TRYOUT

TRYOUTS: Cougar Stadium

**Tuesday Night:**

**Rosters will be sent out through Newsletter Format.**

**Posted through social media format.**

**Wednesday Morning:**

**[baseballalx.com](http://baseballalx.com)**

**Roster sizes and teams dependent on tryout.**

**UPCOMING: JANRUARY 12, 2023**

**COUGAR KICK OFF: PARENT AND PLAYER GET TOGETHER. CAFETERIA  
6:15-7:15 PM**

**TEAM SCHEDULES, MONLTHY PRACTICE, YEARLY BREAKDOWN: JAN 12.  
2023**



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# 2023 JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 OFF	3	4 CONDITIONING	5	6 CONDITIONING	7	8
9 Tryouts	10 Tryouts	11 Practice	12 Practice Parent/ Player INTRO 6:15 -7:15 PM	13 Practice	14 Practice	15
16 Practice	17 Practice	18 IND./ SCHOOL	19 Practice	20 Practice	21 Practice	22
23 Practice	24 Practice	25 IND./ SCHOOL	26 Practice	27 Practice	28 Practice	29
30 OFF	31 Practice					

## NOTE

Tryout schedule has been added through PDF.

IND.= Individual Day (Small Groups) --- SCHOOL CATCH UP AFTERNOON

Conditioning for all who plan to tryout - Baseball Field

# WEEKLY: JAN 9-15

MONDAY

- Tryouts

TUESDAY

- Tryouts

WEDNESDAY

- Practice (Time will be Sent - Tuesday night for the week)

THURSDAY

- Practice
- Parent Meet and Greet

FRIDAY

- Practice

SATURDAY

- Practice

SUNDAY

- OFF





# REMINDERS

TRYOUTS: Cougar Stadium

**JANUARY 9TH, 2023**

**JANUARY 10TH, 2023**

## SPONSORSHIPS:

**GOAL IS FOR EACH PLAYER TO SECURE 3-4 TO HELP PAY  
FOR PLAYER FEES.**

**SEE SPONSORSHIP PAGE FOR NEWS.**  
**UPDATED SPREADSHEET WILL BE SENT.**

## 1 DAY TO TRYOUTS:

**2023 PLAYER FEES: \$800**

**NO TIERS - PLAYER FEES COVER EVERYTHING  
EACH PLAYER IN ORGANIZATION GETS THE SAME**

**PLAYERS RECIEVE: 2 GAME PANTS, 2 GAME HATS, SHORTS, 2  
SHIRTS, 2 SWEATSHIRTS, NEW HELMET, BACKPACK, SOCK, BELT**



[www.baseballalx.com](http://www.baseballalx.com)





# SPONSORSHIPS

## Sponsorships Open

Player Sponsorships forms

AHS\_2022-203\_Ad\_Sign\_Brochure.pdf ([baseballalx.com](http://baseballalx.com))

ALX\_Sponsorship\_Opp.pdf ([baseballalx.com](http://baseballalx.com))

- Ad Log linked to email.
- Auxiliary sponsorships on page 2 of Ad log.

**GOAL IS FOR EACH PLAYER TO SECURE 3-4 SPONSORS**

**50% OF THE PLAYERS SPONSORS WILL GO TOWARDS  
PLAYER FEES**

**45% OF THE AUXILIARY SPONSORSHIPS WILL GO  
TOWARDS PLAYER FEES**



[www.baseballalx.com](http://www.baseballalx.com)



## SUPPORT ALEXANDER HIGH SCHOOL BASEBALL



24" X 24" Sign posted  
on Grand Slam Sponsor  
Wall!

- Organization announced  
during home games!
- Listed on Alexander  
Baseball Website!

[www.alexandercougar.com](http://www.alexandercougar.com)

[www.baseballalx.com](http://www.baseballalx.com)

\$325 for First Time Sponsors  
\$300 for Renewals

Questions or Concerns Contact

Coach Dalton Martinez  
Email: [Dalton.Martinez@dcssga.org](mailto:Dalton.Martinez@dcssga.org)

Complete back of form and return to player

### 2022-2023 SPONSORSHIP COMMITMENT FORM:

**Sponsorship Levels: New Sponsor: \$325.00 Renewal Sponsor: \$300.00**

(Please circle one)

Company Name: \_\_\_\_\_

Company Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Website Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Alexander Player & Date: \_\_\_\_\_

Please make check payable to *Alexander Dugout Club* and mail the check & commitment form to:  
*Alexander High Baseball, Coach Dalton Martinez, 6500 Alexander Parkway, Douglasville, GA 30135*

***AHS\_2022-203\_Ad\_Sign\_Brochure.pdf (baseballalx.com)***