

# FALL BASEBALL KEY DATES

## ROOKIE- Fridays or Sundays

AUG 6 PLAYER REQUEST DEADLINE

AUG 13 REGISTRATION DEADLINE  
UNLESS FULL

AUG 19 PARENT/PLAYER MEETING  
5:00 PM @ SZ

FRIDAYS: AUG 31, SEPT 7, 14, 21, 28 OCT 5, 12  
SESSIONS BEGIN 6PM @ SZ

SUNDAYS: AUG 26, SEPT 9,16,23,30 OCT 7, 14  
SESSIONS BEGIN 5PM @ SZ

OCT 18 FRIDAY-DRESS REHEARSAL  
ALL PLAYERS

OCT 21 BIG GAME—TBA  
ALL PLAYERS

## INSTRUCTIONAL LEAGUE- Tuesday & Thursday

COACHES MEETING AUGUST 14 @ 7 PM AT THE STRIKE ZONE

AUG 6 PLAYER REQUEST DEADLINE

AUG 13 REGISTRATION DEADLINE  
UNLESS FULL

AUG 19 PARENT/PLAYER MEETING  
12 PM @ SZ

AUG 28 PRACTICE 1—PITCHING/ CATCHING 7-9  
HITTING DEFENSE 10-12  
Time: 6—7:30 PM Location: TBA

AUG 30 PRACTICE 2—PITCHING/ CATCHING 10-12  
HITTING DEFENSE 7-9  
Time: 6—7:30 PM Location: TBA

SEP 4 GAMES START

## COMPETITIVE LEAGUES/WOOD BAT-Sundays Only

COACHES MEETING AUGUST 14 @ 6 PM AT THE STRIKE ZONE

AUG 6 PLAYER REQUEST DEADLINE

AUG 13 REGISTRATION DEADLINE

AUG 19 PARENT/PLAYER MEETING  
1:00 PM 9/10 AND 11/12  
2:00 PM 13/14  
3:00 PM 15-16  
4:00 PM WOOD BAT

AUG 22 HITTING SEMINAR  
5:30 PM: Ages 9-10 6:30 PM: Ages 11-14  
8 PM: Ages 15 UP Location: Strike Zone

AUG 24 PITCHERS/CATCHERS SEMINAR  
5 PM: Ages 13-H.S 7:00 PM: Ages 9-12  
Location: Strike Zone

AUG 27 SPEED & AGILITY TRAINING  
5:30 PM: Ages 9-14 6:30 PM: Ages 15 UP  
Location: Strike Zone 8/27, 9/10, 9/17, 9/24, 10/1

TEAM PRACTICE DAYS: AUG 26 TBA

AUG 29 HITTING CIRCUITS START-  
(Same times as hitting seminar)

AUG 31 PITCHING BULLPENS START  
(Same times as pitching seminar)

GAME DAYS SEPT 9, 16, 23, 30 OCT 7, 14

OCT 21 ALL STAR GAME/RAIN MAKEUP

## JR/SR ELITE TEAM

SEE WEEKLY WORKOUT SCHEDULE-SEE [www.SZEliteTeam.com](http://www.SZEliteTeam.com)

AUG 8: POSITION PLAYERS & HITTERS TRYOUTS

AUG 10: PITCHERS & CATCHERS TRYOUTS

AUG 12: SRIMMAGE

Must complete registration in order to participate

AUG 14 PARENT/PLAYER MEETING 8 PM

ELITE TEAM PRACTICE DATES: AUG 18, 20,  
25, 29 SEP 1

GAME DAYS: SEPTEMBER THRU OCT



# COMPETITIVE LEAGUE WEEKLY WORKOUTS

## WEEKLY HITTING CIRCUIT

8/29 9/5 9/12 9/19 9/26 10/3

### HITTING CIRCUIT FORMAT

1. Players will check themselves in before starting circuit. You will circle the number in the column left of your name.
2. Players will form a line outside of Tunnel Number 3, the starting point of the circuit.
3. Players will enter in pairs and go through each station with a partner.
4. Each station will last 2-3 minutes, a head coach will keep time and instruct when to switch and rotate.

### HITTING CIRCUIT RULES

1. Do not bring any equipment other than your bat
2. All players must check in and go through the circuit only within their designated times.
3. Players will be allowed to repeat the circuit ONE time, but must go to the end of the line.
4. Do not swing your bat unless it is your turn at the station.

## PITCHERS/CATCHERS FLAT GROUND WORK

8/31 9/7 9/14 9/21 9/28 10/5

### FLAT GROUND FORMAT

1. Players will check themselves in before starting. You will circle the number in the column left of your name.
2. Players will read weekly goals and pitch limits before entering flat ground area (pitchers will never throw more than 40 pitches).
3. Players will stretch on their own before starting catch.
4. Players will go through a series of 5 stations working on all aspects of their game.
5. Once warmed up pitchers will start with 5 fastballs and then proceed to work on weekly goals.

### FLAT GROUND RULES

1. Do not bring any equipment other than your glove.
2. All players must check in and go through the circuit only within their designated times.
3. Catchers must wear their full gear.
4. Players may not exceed the pitch limits set forth by the head coach.
5. Players will rotate with every 5-10 pitches if there is a line of players.

## SPEED & AGILITY TRAINING

8/27 9/10 9/17 9/24 10/1