

BASEBALL INFORMATION

2008 SEASON

1. GRADES

- MUST HAVE PASSED 5 CLASSES THE FALL SEMESTER TO PLAY THIS SPRING
- INC – DOES NOT COUNT TOWARDS PASSING
- YOU MUST ENROLL IN AT LEAST 5 CLASSES FOR THE SPRING SEMESTER

2. PHYSICALS

- YOU MUST HAVE A PHYSICAL ON FILE WITH MRS LANE'S (ATHLETIC DIRECTOR) OFFICE IN ORDER TO TRYOUT FOR THE BASEBALL TEAM.

3. BASEBALL SEASON

- THE FIRST DAY OF TRYOUTS WILL BE FEB 25TH

4. SPRING BREAK PRACTICE

- WE **WILL NOT PRACTICE** MONDAY, MARCH 17TH THRU WEDNESDAY MARCH 19th SCHEDULE YOUR SPRING BREAK PLANS ACCORDINGLY
- WE **WILL PRACTICE** THURSDAY MARCH 20th AND FRIDAY MARCH 21st
- PRACTICE TIME WILL BE DETERMINED AT A LATER DATE

5. PRESEASON CONDITIONING

- WEIGHT ROOM IS OPEN AFTER SCHOOL ON THE FOLLOWING DAYS MONDAY, TUESDAY, THURSDAY AND FRIDAY
- WORKOUTS WILL RUN FROM 3:10 TO 4:30 MEET IN THE WEIGHT ROOM
- THESE WORKOUTS **ARE NOT MANDATORY**, THEY ARE TO BE USED TO GET YOUR BODY READY FOR THE BASEBALL SEASON. WORKOUTS WILL NOT BE USED TO DETERMINE WHETHER YOU MAKE THE TEAM.
- REMEMBER, WINNING BACK THE CENTENNIAL LEAGUE CHAMPIONSHIP STARTS NOW.

6. BATS

- THEY MUST MEET THE REQUIREMENTS FOR KANSAS HIGH SCHOOL BASEBALL
- THE LENGTH AND WEIGHT CAN ONLY HAVE A 3 IN DIFFERENTIAL
- THE BARREL SIZE CAN ONLY BE 2 5/8 INCHES IN DIAMETER
- BESR CERTIFICATION ON THE BAT.

