

# FALL BASEBALL KEY DATES

## ROOKIE- Fridays or Sundays

AUG 5 PLAYER REQUEST DEADLINE

AUG 12 REGISTRATION DEADLINE  
UNLESS FULL

AUG 18 PARENT/PLAYER MEETING  
1:00 PM @ SZ

FRIDAYS: AUG 30, SEPT 6, 13, 20, 27 OCT 4, 11  
SESSIONS BEGIN 6PM @ SZ

SUNDAYS: AUG 25, SEPT 8,15,22,29 OCT 6, 13  
SESSIONS BEGIN 5PM @ SZ

OCT 18 FRIDAY-DRESS REHEARSAL  
ALL PLAYERS

OCT 20 BIG GAME—TBA  
ALL PLAYERS

## INSTRUCTIONAL LEAGUE- Tuesday & Thursday

COACHES MEETING AUGUST 13 @ 6 PM AT THE STRIKE ZONE

AUG 5 PLAYER REQUEST DEADLINE

AUG 12 REGISTRATION DEADLINE  
UNLESS FULL

AUG 18 PARENT/PLAYER MEETING  
12 PM @ SZ

AUG 27 PRACTICE 1—PITCHING/ CATCHING 7-9  
HITTING DEFENSE 10-12

Time: 6—7:30 PM Location: **TBA**  
AUG 29 PRACTICE 2—PITCHING/ CATCHING 10-12  
HITTING DEFENSE 7-9

Time: 6—7:30 PM Location: **TBA**  
SEP 3 GAMES START

## COMPETITIVE LEAGUES/WOOD BAT-Sundays Only

COACHES MEETING AUGUST 13 @ 7 PM AT THE STRIKE ZONE

AUG 5 PLAYER REQUEST DEADLINE

AUG 12 REGISTRATION DEADLINE

AUG 18 PARENT/PLAYER MEETING  
1:00 PM 9/10  
2:00 PM 11/12  
3:00 PM 13/14  
4:00 PM 15-16  
5:00 PM WOOD BAT

AUG 21 HITTING SEMINAR  
5:30 PM: Ages 9-10 6:30 PM: Ages 11-14  
8 PM: Ages 15 UP Location: **Strike Zone**

AUG 23 PITCHERS/CATCHERS SEMINAR  
5 PM: Ages 13-H.S 7:00 PM: Ages 9-12  
Location: **Strike Zone**

AUG 26 SPEED & AGILITY TRAINING  
5:30 PM: Ages 9-14 6:30 PM: Ages 15 UP  
Location: **Strike Zone 8/26, 9/9, 9/16, 9/23, 9/30**

TEAM PRACTICE DAYS: AUG 25 TBA

AUG 28 HITTING CIRCUITS START-  
(Strikezone, **TBD 6 sessions**)

AUG 30 PITCHING BULLPENS START  
(Strikezone, **TBD 6 sessions**)

GAME DAYS SEPT 8, 15, 22, 29 OCT 6, 13

OCT 20 ALL STAR GAME/RAIN MAKEUP

## JR/SR ELITE TEAM

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

AUG 7: POSITION PLAYERS & HITTERS TRYOUTS

AUG 9: PITCHERS & CATCHERS TRYOUTS

AUG 11: SRIMMAGE

Must complete registration in order to participate

AUG 13 PARENT/PLAYER MEETING 8 PM

ELITE TEAM PRACTICE DATES: TBA

GAME DAYS: SEPTEMBER THRU OCT



# COMPETITIVE LEAGUE WEEKLY WORKOUTS

## WEEKLY HITTING CIRCUIT

8/28 9/4 9/11 9/18 9/25 10/2

### 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.
5. Carry your bats with the barrels down while in line and rotating between stations.

## PITCHERS/CATCHERS FLAT GROUND WORK

8/30 9/7 9/13 9/20 9/22 10/4

### 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

8/26 9/9 9/16 9/23 9/30

# FALL BASEBALL

# KEY DATES

# FOR ALL LEAGUES

**Our League Trains The Players**  
**So They Can Be Competitive In The Games**

**ALL LEVELS OF PLAY    POSITION SPECIFIC SKILL WORK    OFF-FIELD TRAINING    BUILD GREAT WORK ETHIC**

**Register As A  
INDIVIDUAL  
PARTIAL TEAM  
FULL TEAM**



Do something epic this fall  
to improve your game.



LEAGUES FOR EVERY AGE/SKILL LEVEL: AGES 4-18

**Rookie**  
AGES 5-7



**Instructional**  
AGES 7-9 AND 10-12



**Competitive**  
AGES 9/10 11/12 13/14 15/16



**16 Up Wood Bat**  
HIGH SCHOOL



**Jr./Sr. Elite Team**  
TRYOUT ONLY-HIGH SCHOOL



**MENTAL TRAINING    INDOOR HITTING    STRENGTH, SPEED AND AGILITY WORKOUTS**