

GENERAL INFORMATION

1. There will be 3 different groups (Varsity prospects, Soph/Jr, Freshmen) working out at the GHS ballpark. The entire coaching staff will be at each workout during this first week.
2. After school workouts will begin on **Friday, January 27th**. The Varsity prospects will begin practice at 3:05 (they get out of 7th period at 2:55). The Sophs and Jrs will begin practice at 5:30. The Freshmen will not workout until **Saturday, January 28th at 9:00am**. The **Mustang Mile** will take place at **8:15am** on **Saturday (1/28)** at the CTMS Track. An alternate **Mile** will be run at 6:00pm for those who are scheduled to take the SAT that morning.

Required Times:	Sophs, Jrs, Srs	-	6 minutes
	Freshmen	-	7 minutes

The Mustang Mile is a readiness run to determine how well each athlete is conditioned to begin the season. Anyone not finishing in the required time will be assigned extra conditioning after practice each day for the week of tryouts.

3. All times and sites are subject to change due to bad weather conditions. Be on time. All players are expected to know of any changes. Listen to announcements and check with baseball coaches if there are any questions. We will also update the website as soon as we know of any schedule changes.
4. Players should wear proper attire and have proper equipment.

Attire: baseball pants, long sleeve top, belt, socks, cap, spikes, turf shoes, jacket or sweat top

Equipment: glove, bat, batting gloves, catcher's gear (optional)

Be sure to put name on all pieces of equipment!

5. The final rosters will be posted **Friday, February 3rd** in the baseball locker room by **8:00 am**. The baseball locker room is located in the English hallway at the base of the steps. The varsity will be the only team to workout on that day.
6. On **Monday, February 6th** all teams will have a team meeting where expectations will be communicated and a packet of important information will be given to each player. Also on that day, we will distribute uniforms and additional clothing items. All paperwork requiring signatures will need to be turned in by **Wednesday, February 8th**.
7. On **Thursday, February 9th** all players will complete our annual Long Ball fundraiser and turn in the paperwork that was distributed. There will be no workouts on that day.
8. On **Thursday, February 9th** we will take team and individual pictures for our media guide as well as for your purchase during the baseball class and after school. Jay Young Photography will be taking these pictures. An order form and more information will be sent home in the packet on Monday, February 6th.
9. On **Thursday, February 8th** there will be a Mandatory Parent Meeting preceded by a Booster Club Meeting in the high school auditorium beginning at **6:30 pm**. We ask that each player be represented by at least one parent.
10. On **Sunday, February 12th** the annual **1st Pitch Banquet** will be held at the GHS Student Activity Center beginning at 5pm. Info will be sent home in the packet of paperwork and tickets may be reserved and paid for online (www.ghsmustangbaseball.org) by Paypal or credit card.