



Highland Junior High

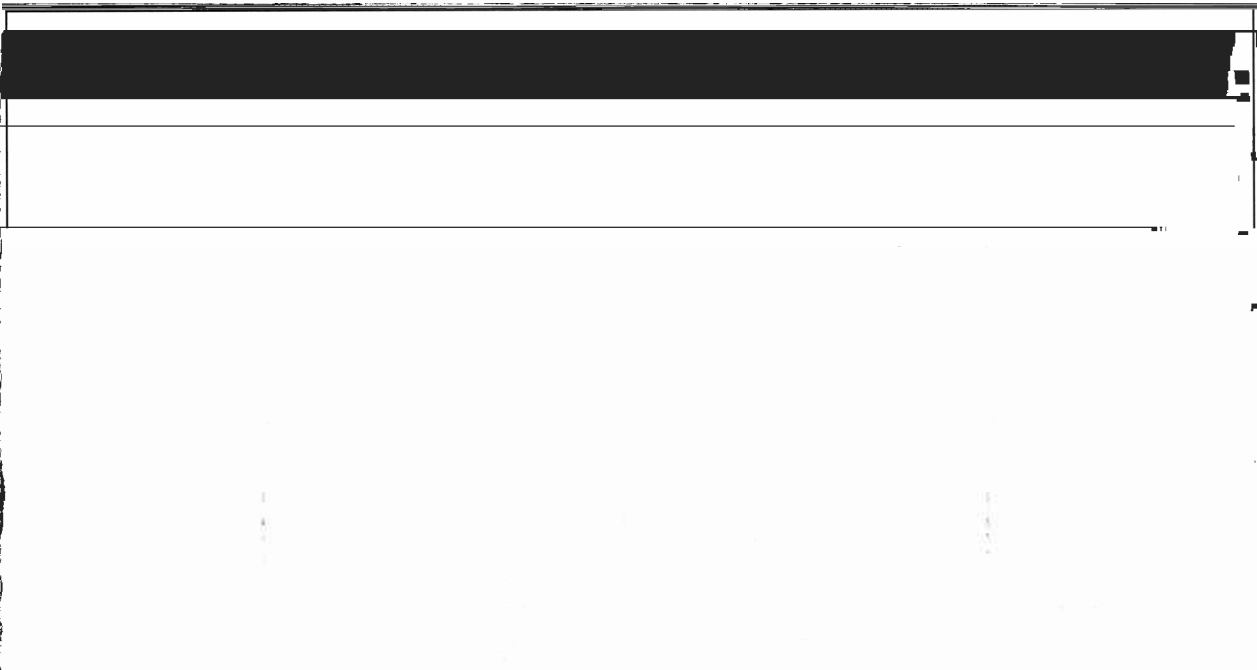
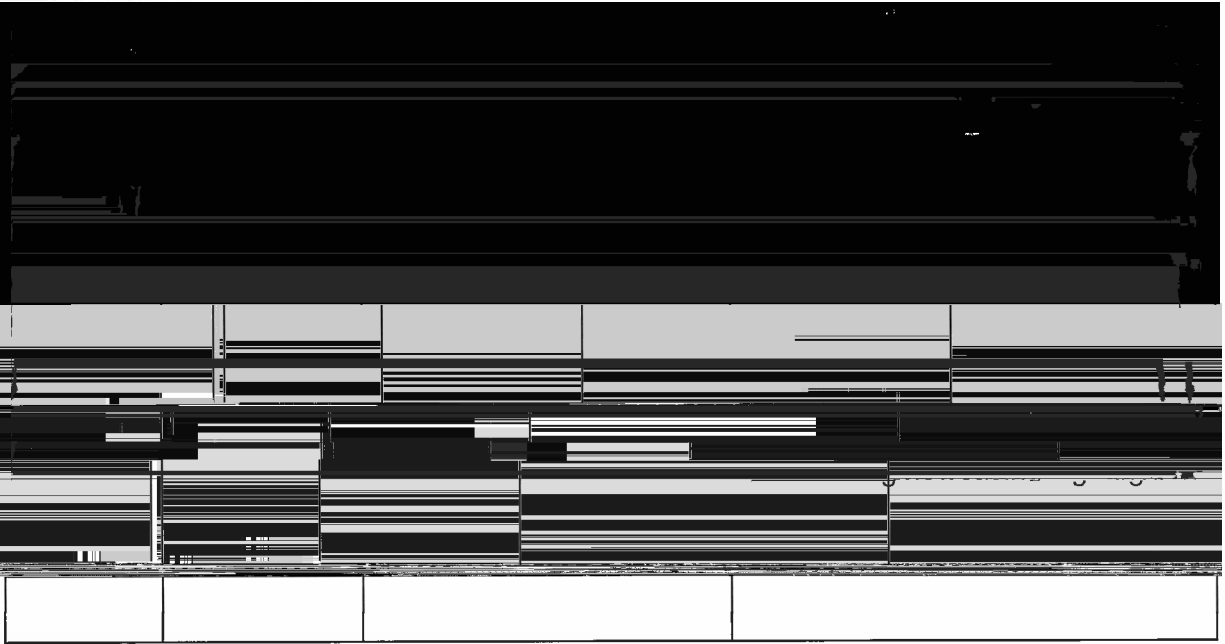
Sport: 7th Grade Baseball	Coach: Hayden Trudeau	Email: hayden.trudeau@gilbertschools.net
-------------------------------------	---------------------------------	--

Tryouts	Practice	
Dates: 03/26-3/28 Mon-Thurs	Practice will be: Monday-Thursdays (for the athletes who make the team)	<p>Parents are to remain in their vehicles during tryouts. From past experience having parents at the tryout puts additional pressure on the kids in an already stressful and competitive atmosphere.</p> <p>Parents are more than welcome to</p>

Time	3:15-5:15	3:45-5:45

Location: 7th Grade Baseball Fields	
---	--

What to Baseball	Equipment for Tryouts:	During Tryouts I would like
----------------------------	-------------------------------	------------------------------------



...from various leagues and competitors provide an exciting opportunity to compete as a Hurricane.

Equipment:

Anyone is able to tryout whether the athlete is brand new to the sport or has been playing a part of various leagues. I do not recommend buying new equipment, however at the bare minimum all should have their own baseball glove.

All equipment/baseball bags can be stored in my class (209) or the athlete can ask a teacher

they have if they can leave the equipment in their room.

Tryout Scoring:

The main aspects and skills that the coaches will be looking for are:

- 1. **Speed** - The ability to move quickly and change direction.
- 2. **Agility** - The ability to move quickly and change direction.
- 3. **Balance** - The ability to maintain control of the body while moving.
- 4. **Coordination** - The ability to use the body parts together in a smooth and efficient way.
- 5. **Endurance** - The ability to sustain physical effort over a period of time.
- 6. **Strength** - The ability to exert force against resistance.
- 7. **Flexibility** - The ability to move the joints through their full range of motion.
- 8. **Teamwork** - The ability to work with others to achieve a common goal.
- 9. **Communication** - The ability to express ideas and feelings to others.
- 10. **Leadership** - The ability to guide and influence others.

hayden.trudeau@gilbertschools.net

