

2013-2014 Cougar Baseball Informational Handout

1st Day of Tryouts

March 10th

Check website and/or check twitter

You must have a physical on file before you tryout.

Buy Baseball gear until November 17th

Go to: <http://www.johnnymacs.com/>

Click the CUSTOM TEAM WEBSTORES button.

Choose: Stoney Creek High School Baseball of Rochester Hills, MI
from the drop-down menu

Use Pass Code (case sensitive): scbaseball13



Follow the baseball team on Twitter.

@SCBaseball2011

All announcements will be tweeted...

Schedule - Check the website for the complete schedule: www.sccougars.com

*Spring Break Practice and Games

Varsity – April 10th and 12th DH - You miss one, you sit one...

JV – April 12th DH

Frosh – Optional Practice TBD

*Preseason Weight Training and Conditioning

Open Gyms – TBA

Get to your favorite weight room and lift

Crossfit, Insanity, P90x, Agility drills, Strength training, speed training, do something, do anything?

Doing nothing will not make you a better ball player.

Pitching and Hitting 5 times a week will only make you so good.

You must rest your arm, lift weights, and speed/agility train.

Player Video

Email or bring in a flash drive with you hitting or pitching. I can breakdown the video with you and get a look at your ability at the same time...

SPARQ Testing Goals

Power ball toss = 35 ft Vertical Jump = 22 inches 30 yard Dash = 4.3 seconds Shuttle = 4.2 seconds

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.

~Anonymous

You can't build a reputation on what you're going to do.

~Henry Ford

Shallow men believe in luck. Strong men believe in cause and effect.

~Ralph Waldo Emerson

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

~Thomas Jefferson