



## Travel Tryout Process and Information

### TRYOUT PURPOSE

Tryouts are held to provide each player with an opportunity to showcase their skills in a fair and consistent evaluation environment. The goal is to place athletes on teams that best match their development level, competitiveness, and readiness for the upcoming season.

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### WHAT TO WEAR

- Tennis shoes or turf shoes (please bring a clean pair to change into upon arrival)
- Baseball pants
- T-shirt or long-sleeve shirt
- Baseball hat
- Players will receive a bib # upon arrival

### WHAT TO BRING

- Baseball glove
  - Baseball bat (optional, for the hitting portion)
  - Helmet (if you have your own-hitting portion only)
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### TRYOUT PROCESS

- Players will participate in evaluations that include hitting, fielding, throwing, pitching (if applicable), base running, and general athletic movements.
- Evaluations are conducted by a combination of current and former high school, legion, college coaches throughout the area and board and committee members .
- To ensure an unbiased process, parents are **not permitted** inside the evaluation area during tryouts.
- If a player cannot attend their scheduled session due to illness or conflict, please notify us in

advance so we can explore alternate options.

- All tryouts are recorded via video and technology to provide the selection committee with additional metrics and resources for informed decision-making.
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## **HITTING TRYOUTS**

Players will warm up using tee and front-toss stations before the formal evaluation begins. Each player will participate in two rounds of live batting practice thrown by a coach/evaluator. During the hitting evaluation, players will be assessed on:

- Swing mechanics
- Swing path
- Quality and consistency of contact
- Exit velocity
- Athleticism
- Ability to adjust

All hitting rounds will be recorded using video and technology to provide evaluators with detailed metrics and data.

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## **PITCHING & CATCHING TRYOUTS**

### **Pitchers:**

Pitchers will throw a short bullpen to a catcher. Evaluators will assess mechanics, control, command, and velocity. All throwing sessions will be recorded and measured with Rapsodo, providing immediate data on spin rate, velocity, release point, and additional metrics.

### **Catchers:**

Catchers should bring their own gear if they have it; otherwise, gear will be available. Catchers will be evaluated on receiving, blocking, footwork, exchange, and throwing during bullpen sessions.

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## **FIELDING TRYOUTS**

All players will be evaluated on ground balls, fly balls, arm strength, athleticism, and overall defensive ability.

### **Infield Drills:**

Players will receive ground balls from the shortstop position and make throws across the

diamond to first base. They will be evaluated on first movement, mechanics, arm accuracy, and arm strength.

**Outfield Drills:**

Players will be evaluated on reads, footwork, arm strength, route efficiency, and their ability to track fly balls.

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**TEAM PLACEMENT**

- After evaluations conclude, evaluators and the independent selection committee will meet to determine team placements. This process typically takes 1–2 weeks.
- Players may be selected for a travel team or placed in the in-town league based on performance, positional needs, coach evaluations, and overall team fit.
- Any player not selected for a travel team will automatically be placed on an in-town team to ensure every athlete has a home for the season.

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**WHAT FAMILIES SHOULD KNOW**

- Please arrive on time with all necessary gear (glove, bat, helmet, indoor shoes, etc.).
- Players should come dressed for athletic activity and ready to begin promptly.
- All players will receive a bib number at check-in for identification during evaluations.

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**AFTER TRYOUTS**

- Families will be notified of team placements once evaluations and committee meetings are complete.
- For travel-team players, additional information regarding fees, practice schedules, and tournaments will follow.
- For in-town league players, details regarding team assignments, uniforms, and the season schedule will be shared as spring approaches.