

2020 Baseball Club at Ohio State Tryout Itinerary

August 23, 2019 – Pitchers and Catchers

5:00 PM to 5:45 PM

DI & DII officers arrive for set-up:
Tables & paperwork for registration
2-60 yard dash stations (cones and measuring marker from Club House)
Measure out home to 2nd on Field #8 - 127 feet and 3 3/8 inches

5:45 PM to 6:15 PM

Registration
Name/Contact info verified – **Legible name.#**
Liability Waiver filled out
\$10 fee collected

6 PM to 6:30 PM

Stretching/Throwing

6:30 PM to 6:35 PM

Introductions & Explanation of format

- Program goals and set-up
- Level of play
- 20 to 25 players

6:35 PM to 7:15 PM

Catching Group 1 – 60 times on Field 8 left field (see diagram)
Timed twice

Catching Group 2 – Pop Times on Field 8 infield (see diagram)
Timed three times at 2nd base
Defensive blocking in foul territory

7:15 PM to 8:00 PM

Catching Group 2 – 60 times on Field 8 left field (see diagram)
Timed twice

Catching Group 1 – Pop Times on Field 8 infield (see diagram)
Timed three times at 2nd base
Defensive blocking in foul territory

6:45 PM to 7:45 PM – (Tryout catcher's work in as they finish other area-Current Catchers assist)

Pitching Group 1 – Bullpen Session on Field 7 left field (see diagram)
15 pitches – 5 fastball, 5 curve, 5 change

Pitching Group 2 – Mound Session on Field 7
12 pitches – 5 fastball, 4 curve, 3 change

7:45 PM to 8:45 PM – (Tryout catcher's work in as they finish other area-Current Catchers assist)

Pitching Group 2 – Bullpen Session on Field 7 left field (see diagram)
15 pitches – 5 fastball, 5 curve, 5 change

Pitching Group 1 – Mound Session on Field 7
12 pitches – 5 fastball, 4 curve, 3 change

Saturday, August 24 - Position Players

11:15 AM to 11:45 AM

DI & DII officers arrive for set-up:

Tables & paperwork for registration

2-60 yard dash stations (cones and measuring marker from Club House)

Field 8 for BP (I-screen, nets, wiffle balls, bats, bucket of balls)

Batting T outside 1st base fence for exit velocity

11:45 AM to 12:15 PM

Registration

Name/Contact info verified - **Legible name.#**

Liability Waiver filled out

\$10 fee collected

12 PM to 12:30 PM

Warm-Up/Stretching (no throwing)

12:30 PM to 12:35 PM

Introductions & Explanation of format

- Program goals and set-up
- Level of play
- 15 to 20 players - 20 or more next year.

12:35 PM to 1:15 PM

Infield Group 1 & Outfield Group 2 – 60 times in **Field 7** outfield (see diagram)

Timed twice

Outfield Group 1 & Infield Group 2– 60 times in **Field 8** outfield (see diagram)

Timed twice

1:15 PM to 1:30 PM

Throwing/Warm-Up

1:30 PM to 2:15 PM

Infield Group 1 – Defensive evaluation on **Field 7** infield (see diagram)

5 ground balls/throws to first from SS. 1st baseman to 3rd base.

3 double plays (current player at 2nd)

Outfield Group 2 – Fly Balls and Arm strength evaluation on **Field 7** outfield (see diagram)

Infield Group 2 & Outfield Group 1 – Batting practice on **Field 8** (see diagram)

12 swings each player

3 swings measuring exit velocity of batting T

Batting T and whiffle balls available for warm-up

2:15 PM to 3:00 PM

Infield Group 2 – Defensive evaluation on **Field 7** infield (see diagram)

5 ground balls/throws to first from SS. 1st baseman to 3rd base.

3 double plays (current player at 2nd)

Outfield Group 1 – Fly Balls and Arm strength evaluation on **Field 7** outfield (see diagram)

Infield Group 1 & Outfield Group 2 – Batting practice on **Field 8** (see diagram)

12 swings each player

3 swings measuring exit velocity of batting T

Batting T and whiffle balls available for warm-up

Sunday, August 25 – Scrimmage- By invitation only

11:00 AM to 11:30 AM

DI & DII officers arrive for set-up
Player Warm-Up

11:30 AM to 12:00 PM

Infield/Outfield for both teams

12:00 PM to 3:00 PM

Scrimmage for tryout players and some returning players as needed

Fred Beekman Park

