LAKE BELTON BRONCOS SOFTBALL TRYOUT INFORMATION

SOFTBALL **TRYOUTS**

JAN. 9TH 6:45AM-8:20AM & 4:45PM-6:15PM JAN. 10TH 9:00AM-11:00AM

REQUIREMENTS TO TRYOUT:

MUST HAVE:

HOOL COLORED SHIRT ASEBALL/SOFTBALL SOCKS **COFTBALL EQUIPMENT**

ADDITIONAL INFORMATION OR QUESTIONS CONTACT COACH MAC: KELSIE.MCEACHERN@BISD.NET



Tryout Dates/Times

Non Basketball:

January 9th: 6:45am-8:15am & 4:45pm-6:15pm

January 10th: 9am-11am

Basketball:

January 9th: 6:45am-8:15am

January 10th: 9am-11:30am

Teams/Cuts:

January 10th: 1:30pm in Athletic Hallway

<u>Must Have</u>

CLEARED ON RANK ONE (GREEN)

- Rank One Forms
 - Lake Belton Athletic Website
- Approved Physical
- Questions? Contact Athletic Trainers (Information on last slide)

CLOTHES:

- School Colored Shirt
 - Sweats Neutral Color
- Softball Pants
 - Black/White/Grey
- School Colored Socks
 - Baseball/Softball

EQUIPMENT:

- Cleats/Tennis Shoes
- Glove
- Bat
 - o LBHS has 1-2
- Helmet
 - LBHS has 5-6

<u>District Tryout Requirements</u>

Time

Minimum of 2 days

Rubric/Categories

- Scored on 1-5 or 1-10 scale
- Character (Behavior)
- Work Ethic
- Academics
- Concrete Statistic
- Sport Specific Standards
 - Minimum of 2 Coaches scoring

LBHS Softball Tryout Scoring

Scoring System

- 105 Total Points
 - o 70 w/o Grades
- Grades account for 35 points

Rubric/Categories

- Scored on 1-5 or 1-10 scale
- Positions/Team Needs are factored into JV/V decision

LBHS Softball Tryout Categories

Concrete Statistics

Academics (2nd 9 Weeks)

- o 90-100 = 5
- 0 80-89 = 4
- o 70-79 = 3
- o 69 & Below = 0

Home to 1st

- o 2"75-3"20 = 5
- o 3"21-3"50 = 4
- o 3"51-3"80 = 3
- o 3"81+ = 2

Home to 2nd

- o 5"7-6" = 5
- o 6"01-6"3 = 4
- o 6"3-6"8 = 3
- o 6"8 + = 2

Home to Home

- 0 11"-11"8 = 5
- o 11"81-12"6 = 4
- o 12"61-13"4 = 3
- 13"41-plus = 2

Throwing Velo

- 0 58 + = 5
- o 55-57 = 4
- o 51-54 = 2
- 50 & below = 1

Exit Velo

- 0 66 + = 5
- 0 61-65 = 4
- o 56-60 = 3
- 55 & below = 2
- Softball Quiz (10 Questions)
- Pop Times/Pitching Velo

LBHS Softball Tryout Categories

Sport Specific Standards:

- Throwing (Accuracy/Form)
- Catching
- Ground Balls
- Fly Balls
- Hitting on Tee
- Hitting Live

Coaches Discretion:

- Coachable
- Work Ethic/Character

Session 1 Tryouts

Hitting:

2 Groups (3 Stations each)

Group 1:

- Front Toss on Field
 - Coach Adams Tossing
 - Coach Mac Charting
- Shagging
- Exit Velo into Bownet
 - Coach Quigley Charting

Group 2: (Coach Ripley Charting)

- Tee Station
- Tee Station
- Machine Station

Session 2 Tryouts

Infield/Velo:

2 Groups at Start

Group 1:

- Double Fungo GB
 - ½ at SS (FungoMan)
 - ½ at 2B (Coach George hit)
- Coach Mac & Coach Adams Chart

Group 2:

- Throwing Velo into Net
 - o 3 Throws
 - Take highest velo
- Coach Quigley Chart

Outfield:

2 Groups

Group 1: Coach Mac & Adams Chart

- Fly balls in RF off Coach
 - Coach George hit

Group 2: Coach Quigley Chart

• Fly balls off FungoMan in LF

Baserunning:

- 1 Group (2 Opportunities)
 - Take fastest time
 - All Coaches Time/Chart

Session 3 Tryouts

Scrimmage:

2 Teams

Split by positions

75min Scrimmage

Start 1-1 count

Coaching Duties:

Coach Adams: Team 1 Coach & Charting

Coach Ripley: Team 2 Coach & Charting

Coach Quigley: Pop Times & Pitcher Velos

Coach Mac: Charting in Press Box

Basketball:

Stay until 11:30

Making up Session 2 Data

- Infield
- Outfield
- Baserunning
- Throwing Velo

Teams/Cuts

Process:

1:30pm Seated in Softball Hall

Individual Meetings

Seniors to Freshman (Order)

Meeting Discussion:

- Team Assignment
 - Never Final
- Score
 - Copies following week
- Positives & Areas of Need
- Role or Potential Role for Season
- Questions & Parent Contact

Parent Contact:

Only if not on a Team

Calls made Monday Morning

Questions

- Email
 - Answered Monday Morning

Spring Season Info

Class Periods:

5th & 8th Period

Practice Times:

5th Period: 7:15am-8:30am & 5th Period

Wednesday: 4:45pm-5:30pm (Only after Tuesday Night Games)

8th Period: 8am Weight Room & 3:30-5:30pm

Schedule

Questions

If you have any questions or concerns please contact via email or you may come to the front:

kelsie.mceachern@bisd.net

Athletic Website:

https://www.lakebeltonathletics.com/

Athletic Trainer:

whitney.rodgers@bisd.net