

Arapahoe Baseball
Player Meeting January 8, 2020

1. Sign in sheet (There are 3 going around)
 - a. provide your personal email if you are not getting my emails
 - b. get out your phones to join Remind
 - i. text the Number 81010 (if you have trouble text (202) 568-6794)
 - ii. Enter @826k86
 - iii. Have your parents join as well.
 - iv. I will communicate frequently using this app.
 2. Grades and Attendance
 - a. Early dismissals
 - i. When you ditch you will be suspended 1 game, the second time removed from team.
 3. Team Meeting Norms
 - a. Baseball Notebook, and a pen or pencil always in your bag.
 - b. Respect it, it's a classroom leave it in great shape.
 - c. No talking when a coach or anyone else is addressing the program/team.
 - d. Team Rules (see attached page) [Team policies](#)
 4. Pre-season Hitting will begin January 27th.

Hitting begins Monday January 27th. We will hit at the Warriors Field House 8160 Blakeland Dr, Littleton, CO 80125 ([google map link](#)) in the mornings as follows

Monday and Thursday	6:00am-7:45am Hitting group 1
Tuesday and Friday	6:00am-7:45am Hitting group 2

*Please note we will shift group members to allow equal group sizes

Cost- \$110.00 payable to "AHS Baseball Booster Club"

Please turn your checks into Coach Dollaghan as soon as possible no later than 1/24.
 5. Pre-season pitchers and catchers, freshman as well, will begin January 14th. (no cost)
 - a. Workouts will begin every Tuesday and Thursday in the small gym.
 - b. Practice will begin at 6:00am and conclude at 7:45am
 - c. Our goal is to be able to throw a 50 live pitches by March 2nd, the start of tryouts.
 6. Pre-season conditioning will begin February 3rd at Arapahoe 3:45-5:00pm
 - a. We will be outside Monday, Wednesday and Friday (weather permitting)
 7. Pre-season camp will begin Feb. 24th-28th, at AHS from 3:45-6:00pm Tues-Friday, Sat 9:00am-12:00. No Cost.
 8. Official Tryouts will begin March 2nd. You must be registered before tryouts begin. No makeup evaluations will be permitted for those who fail to register. <http://www.ahswarriors.org/> The registration [link](#) is also open, please complete this as soon as possible.
- The tryouts will include but not limited to, the following;
- a. Timed mile run
 - b. 60 times
 1. Home to first times
 - c. As well as all baseball skills.
 - d. Arm strength, velocity and accuracy
 - e. Bat control.

9. We will have 4 teams with a maximum of 18 players per team (cuts will be made)
 - a. Cuts will be announced on Thursday March 5th.
 - b. Mandatory player/parent night is March 9th.
 - c. Scrimmages will follow V/JV vs. Wheatridge, Soph and Frosh TBA
10. Coors Field
 - a. May 4th 2:30 vs. Chaparral
 - b. This game must be played to win, therefore I can't guarantee everyone gets in the game.
 - c. Everyone will sell tickets. Must sell your amount given to you. (Amount TBD) First 5 non-varsity players to sell the most tickets will go on the field for pregame. Top 5 ticket sellers will see a game in a private suite during the Rockies Season.
 - d. Start pre-selling, you will get them at Spirit Night March 9th.
11. Spring Break practice
 - a. **All Varsity players will expect to practice and play during spring break.** The JV, "may" practice and play during spring break and the Sophomore and freshman will have not organize practice during spring break. There is no penalty for players on JV, Sophomore and Freshman teams who are on family vacations during spring break as long as Coach Dollaghan is notified 30 days prior to the absence. Depending on the weather, games during the break are possible
12. Spring Break Trip (Varsity Only)
 - a. We will be playing in Phoenix (TBD)
 - b. 15-17 players will be invited, all varsity players and potentially JV pitchers.
 - c. We will depart March 23th and returning Saturday March 29th.
 - d. Flight information
 - DEN PHX WN4094 V 23 Mar 20 06:00 23 Mar 20 07:00
 - PHX DEN WN1848 V 28 Mar 20 06:50 28 Mar 20 09:40
 - e. Estimated cost will be between \$900.00 - \$1300.00 per player
 - f. Families are welcome to go but not required as we will travel as a team.
 - g. We are staying at
Comfort Inn - 7400 W. Boston Street Chandler, AZ. 85226 [Hotel website link](#)
13. Summer Ball (again tournament teams)
 - a. 18/17U 40-45
 - i. Omaha June 11-14 Creighton Prep tournament.
 - ii. Grand Junction?
 - iii. Georgia Prep Baseball Report, 17U national championships July 15-21st.
 - b. 17/16U 35-40 games schedule tbd
 - c. 16/15U 35-40 games schedule tbd
 - d. Potential 15U 30-35 game schedule tbd
14. Play for the "A".
 - a. I can't force you guys to play summer ball for Arapahoe but I want you to play for the A.
 - b. Please let me know if you are planning on playing summer ball with us.

