

Arapahoe Baseball  
Player Meeting December 6th 2018

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 @2019ahsb
      - iii. Have your parents join as well.
  2. Grades and Attendance
  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 7th.

Hitting begins Wednesday January 7th. We will hit at the Warriors Field House 8160 Blakeland Dr, Littleton, CO 80125 ([google map link](#)) in the mornings as follows

Monday and Friday	6:00am-7:45am	Seniors(group 1) and Juniors (group 2)
Tuesday and Thursday	6:00am-7:45am	Sophomores(group 3) Freshman (group 4)

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

Cost- \$125.00 includes 1 shirt and a pair of shorts, payable to "AHS Baseball Booster Club"  
Please turn your checks into Coach Dollaghan as soon as possible.
  5. Pre-season pitchers and catchers (returning players only)will begin January 8th. (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 pitch bullpen session by Feb. 25th, start of tryouts
  6. Pre-season conditioning will begin January 28th at Arapahoe 3:45-5:00pm
    - a. We will be outside Monday, Wednesday and Friday (weather permitting)
  7. Pre-season camp will begin Feb. 19-23rd, at AHS from 3:45-6:00pm Tues-Friday, Sat 9:00am-12:00. No Cost.
  8. Official Tryouts will begin Feb. 25th. 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. Push-ups to exhaustion
  - d. Warrior Agility quickest time
  - d. As well as all baseball skills.
  - e. 100's

9. We will have 4 teams with a maximum of 16 players per team (cuts will be made)
  - a. Cuts will be announced on Friday March 1st
  - b. Mandatory player/parent meeting Saturday March 2nd in Cafeteria 8am-10am
  - c. Scrimmages will follow V/JV @ Brighton, Soph/Frosh at Arapahoe
10. Coors Field
  - a. March 14th 11:30 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. (X-mas presents)
11. Spring Break practice
  - a. **All Varsity players will expect to practice and play during spring break.** The JV, Sophomore and Freshman expectation is they "may" practice and play 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. 20 players will go but only 18 will be eligible for games.
  - c. We will depart March 25th and returning Saturday March 30th.
  - d. Flight information
    - Depart 3/25 6:10 am Flight # WN2489 be at airport at 4:30 am
    - Return 3/30 5:45 am Flight # WN5100 we will arrive at airport as a team
  - e. Estimated cost will be between \$900.00 - \$1200.00 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 U 40-45
    - i. Omaha June 19-24
    - ii. Colorado Mesa University Invitational June 26-June 30th
    - iii. Georgia Perfect Game July 19-23rd
  - b. 17U 35-40 games schedule tbd
  - c. 16U 35-40 games schedule tbd
  - d. Potential 15U 30-35 game schedule tbd