

# FALL BASEBALL KEY DATES

## MACK'S MITES- Fridays or Sundays

**AUG 6**      **PLAYER REQUEST DEADLINE**

**AUG 13**      **REGISTRATION DEADLINE  
UNLESS FULL**

**AUG 20**      **PARENT/PLAYER MEETING  
5:00 PM @ SZ**

**FRIDAYS: AUG 25, SEPT 8,15,22,29 OCT 6,13  
SESSIONS BEGIN 6PM @ SZ**

**SUNDAYS: AUG 27, SEPT 10,17,24, OCT 1,8,15  
SESSIONS BEGIN 5PM @ SZ**

**OCT 20**      **FRIDAY-DRESS REHEARSAL  
ALL PLAYERS**

**OCT 22**      **BIG GAME—TBA  
ALL PLAYERS**

## INSTRUCTIONAL LEAGUE- Tuesday & Thursday

**COACHES MEETING MOVED TO AUGUST 17 @ 7 PM AT THE STRIKE ZONE**

**AUG 6**      **PLAYER REQUEST DEADLINE**

**AUG 13**      **REGISTRATION DEADLINE  
UNLESS FULL**

**AUG 20**      **PARENT/PLAYER MEETING  
12 PM @ SZ**

**AUG 29**      **PRACTICE 1—PITCHING/ CATCHING  
5 PM: Ages 7-10 6:30 PM: Ages 11-12  
Location: **Strike Zone****

**AUG 31**      **PRACTICE 2—BASERUNNING  
5 PM: Ages 7-10 6:30 PM: Ages 11-12  
Location: **Strike Zone****

**SEP 5**      **GAMES START**

**TBA**      **WORLD SERIES PARTY**

## COMPETITIVE LEAGUES/WOOD BAT-Sundays Only

**COACHES MEETING MOVED TO AUGUST 17 @ 8 PM AT THE STRIKE ZONE**

**AUG 6**      **PLAYER REQUEST DEADLINE**

**AUG 13**      **REGISTRATION DEADLINE**

**AUG 20**      **PARENT/PLAYER MEETING  
1:00 PM      9/10 AND 11/12  
2:00 PM      13/14  
4:00 PM      15-16 & WOOD BAT**

**AUG 23**      **HITTING SEMINAR  
5:30 PM: Ages 9-10 6:30 PM: Ages 11-14  
8 PM: Ages 15 UP Location: **Strike Zone****

**AUG 25**      **PITCHERS/CATCHERS SEMINAR  
5 PM: Ages 13-H.S 7:00 PM: Ages 9-12  
Location: **Strike Zone****

**AUG 28**      **SPEED & AGILITY TRAINING  
5:30 PM: Ages 9-14 6:30 PM: Ages 15 UP  
Location: **Strike Zone 8/28, 9/11, 9/18, 9/25, 10/2****

**TEAM PRACTICE DAYS: AUG 27**

**AUG 30**      **HITTING CIRCUITS START-  
(Same times as hitting seminar)**

**SEPT 1**      **PITCHING BULLPENS START  
(Same times as pitching seminar)**

**GAME DAYS SEPT 10,17,24 OCT 1, 8,15**

**OCT 22**      **ALL STAR GAME/RAIN MAKEUP**

## ELITE TEAM-GAMES PLAYED WEDNESDAYS & SATURDAYS SEE WEEKLY WORKOUT SCHEDULE-SEE [www.SZEliteTeam.com](http://www.SZEliteTeam.com)

**AUG 8: POSITION PLAYERS & HITTERS TRYOUTS**

**AUG 10: PITCHERS & CATCHERS TRYOUTS**

**AUG 12: SRIMMAGE**

**Must complete registration in order to participate**

**AUG 17**      **PARENT/PLAYER MEETING 6 PM**

**ELITE TEAM PRACTICE DATES: AUG 19, 21, 23**

**GAME DAYS: WED & SAT STARTING 8/30**



# COMPETITIVE LEAGUE WEEKLY WORKOUTS

## WEEKLY HITTING CIRCUIT

8/30 9/6 9/13 9/20 9/27 10/4

### HITTING CIRCUIT FORMAT

1. Players will check themselves in before starting circuit. You will circle the number in the column left of your name.
2. Players will form a line outside of Tunnel Number 3, the starting point of the circuit.
3. Players will enter in pairs and go through each station with a partner.
4. Each station will last 2-3 minutes, a head coach will keep time and instruct when to switch and rotate.

### HITTING CIRCUIT RULES

1. Do not bring any equipment other than your bat
2. All players must check in and go through the circuit only within their designated times.
3. Players will be allowed to repeat the circuit ONE time, but must go to the end of the line.
4. Do not swing your bat unless it is your turn at the station.

## PITCHERS/CATCHERS FLAT GROUND WORK

9/1 9/8 9/15 9/22 9/29 10/6

### FLAT GROUND FORMAT

1. Players will check themselves in before starting. You will circle the number in the column left of your name.
2. Players will read weekly goals and pitch limits before entering flat ground area (pitchers will never throw more than 40 pitches).
3. Players will stretch on their own before starting catch.
4. Players will go through a series of 5 stations working on all aspects of their game.
5. Once warmed up pitchers will start with 5 fastballs and then proceed to work on weekly goals.

### FLAT GROUND RULES

1. Do not bring any equipment other than your glove.
2. All players must check in and go through the circuit only within their designated times.
3. Catchers must wear their full gear.
4. Players may not exceed the pitch limits set forth by the head coach.
5. Players will rotate with every 5-10 pitches if there is a line of players.

## SPEED & AGILITY TRAINING

8/28 9/11 9/18 9/25 10/2