

# Cougar Baseball

## Player Time Commitment Expectations

### In season (Mid March – Mid June)

Practice 3-5:30 or 6pm Monday through Friday

Practice 2 to 3 hours on Saturday

Games for JV and Varsity – Single Mon, Wed, Fri and DH on Saturday

All games are 7 innings and single games start at 4:30

Games for Frosh are usually Tuesday and Thursday with DH on Saturday

Pregame warm up begins at 3pm

Saturday DH starts @ 11am and usually takes 4 – 6 hours

Pregame warm up is one hour before start

\*Participation in another baseball game makes a player ineligible for current season

\*Practice for another baseball team is strictly prohibited per coach's rules

\*Participation in other sports is strictly prohibited

### Offseason (June - July)

Expected to play summer baseball but ultimate decision is made by player

No school baseball commitments

### Offseason (August - October)

\*Players participating in Fall and Winter sports should concentrate on playing those sports

Strength, Speed, and Conditioning training

Individual Skill development

Fall baseball optional

No school baseball commitment

### Offseason (November – February)

Strength, Speed, and Conditioning training

Individual Skill development