

Try-Out Checklist

How To Make The High School Team

By: Dan-in McComas

High School Baseball Web

1. Persistence is more important than talent
2. There is a reason that the word STUDENT comes first in student-athletes
3. Respect the game as much as you want to be respected
4. Tuck in your shirt
5. Don't wear your hat backwards
6. Practice hard because you play the way you practice
7. It doesn't take any talent to hustle
8. Be a student in baseball. Learn the game - Study the history of baseball
9. Help your team win whether you play or not
10. Never argue with an umpire
11. Agree to let your coaches train you
12. Don't cut class
13. Maintain grades above a 3.0 average
14. Set high standards along with knowing the steps to attain them
15. Don't tell people what you are worth, prove it to them
16. Your girlfriend is not more important than your career
17. Your parents love you, but they don't know more than your coach about baseball
18. Don't let anyone make an excuse for you
19. Maintain eye contact with all adults when they talk to you. Practice on your friends
20. It is your coach's opinion of you that counts. He makes out the lineup. Fail to understand this point and you will soon be out of the game
21. Life is not fair. Regardless of what some people want you to think
22. Be passionate about your teammates
23. Love the game
24. Players are not the only people in the game. There are coaches, trainers, announcers, umpires, broadcasters and writers. All those jobs are honorable professions as well as keeping you young
25. The only thing that coaches owe you is A CHANCE
26. Body language screams. It never whispers
27. Balance makes champions. If you focus on hitting and ignore the defensive part of your game you will never be a complete player
28. Be as diligent on defense as you are on offense
29. Defense wins more games than offense
30. Pitching sets the tone
31. Games are lost not won. Mistakes lead to losses

32. You can win a league with a few good pitchers. Well developed pitching staffs win the state tournament
33. Work on your game every day of the year. The guy who beat you out for the starting job did and the team that always beats you
34. Who you are today is a result of who you were in the past. Fill your past with smart work and good deeds and you will maximize your potential
35. You don't have to be a great athlete to be a good baseball player
36. Show off your talent to your current coach and your future coach by doing the following: (ALL THE TIME)
 - o When you play catch, throw to a target and hit it every time.
 - o When you play catch, catch the ball or block the bad throw and keep it in front of you every time.
 - o When you are doing a drill, do it perfect, every time.
 - o Go hard all the time. Never walk on a baseball practice field.
 - o As a batter/runner run to first as though it matters that you are safe.
 - o Know the situation on defense and do the right thing.

***Character means doing the right thing when nobody's watching, because
baseball reveals character not builds it.***

HOW TO MAKE THE HIGH SCHOOL TEAM

By: Tony Perkins

High School Baseball Web

How To Make The High School Team — The info and advice in this article comes from the “experts,” High school coaches from all over the country.

1. Look the part. Pants, jersey (always tucked in), hat (always worn correctly - not backwards)
2. Wear team colors and show that you have pride in your school
3. Be the first to volunteer to help get equipment out or put away
4. Be the first to hustle to each station or position
5. Always pay attention and ask questions
6. Respond to the coaches with respect. Use yes sir and no sir
7. Do not respond to instruction with “I know”. If you knew, why didn't you do it right the first time?
8. Do not be afraid to get dirty. Laying out for balls and sliding impresses coaches
9. Be a great bunter -- work at it
10. Have all of your paperwork done on time: physicals, insurance forms, parental permission, etc.
11. Be 15 minutes early to every work-out
12. Make sure that you have good grades -- Coaches do check grades
13. Never miss any work-outs. If an emergency comes occurs and you are unable to make a practice, make sure and call your coach ahead of time and not after the fact
14. Take great care of your equipment. Hang your bag or put it neatly away, do not leave your stuff lying around