

SLUH BASEBALL TRYOUTS AND PRACTICES:

Practice and tryouts begin on Monday, March 2, 2020. Practice location on Monday, March 2 through Wednesday, March 4 will be on campus at Sheridan Stadium (weather permitting). Report directly to the stadium/ballfield located in Drury Plaza after school or other location given in school announcements. For the first couple of days of tryouts, all baseball program teams will be together. After March 4, players will be grouped into two groups and will meet in a separate areas – Sheridan Stadium and Forest Park Aviator Fields. Cuts will be made and players will be assigned to one of three teams (varsity, JV-B, and C-team) during the week of March 9-13.

For early days of practice, players should wear long sleeves and have several layers available in their bags. Please make sure you have a baseball cap, sneakers, cleats, a cup (worn, not carried), your glove, and bat. If you have your own batting helmet that you like to wear for BP, bring that as well. I would also suggest you have a filled water bottle in your bag. We need sneakers or rubber cleats for the turf field when we use that area. We generally use our metal cleats on the baseball field. There is no requirement to have metal cleats for tryouts - rubber cleats are acceptable. SLUH COLORS ARE PREFERRED, BUT DURING TRYOUTS ANY APPAREL AND EQUIPMENT COLOR CAN BE WORN.

We practice every day, Monday through Friday, and most Saturdays from 3:30-5:30pm. We will do our best to end practice on time, but sometimes there is a need for an additional 10-15 minutes. After the field duties and equipment responsibilities, players will most likely be ready to be picked up at 6:00pm. We won't practice or play games on Sundays. Players should plan to be outside (weather permitting). We will practice outside even on days as chilly as the upper 30s and low 40s. In the event of inclement weather, listen to announcements at school. We also use Forest Park Community College (Physical Education Building) and 314 Training Academy (Brentwood) for indoor practices. In general, if classes at SLUH are cancelled due to snow/ice, we don't practice that day.

Coaches for each team will share their practice schedule during spring break and Easter weekend. JV-B and C-team players will have some practices over spring break. Varsity will be in Florida for spring training.

If you can't make practice or will be late (e.g., due to illness, academic issue, jug, etc), it is the player's responsibility to contact the coaches via email prior to practice.

Check this website regularly for updated information. Players may also visit the players only website at www.tinyurl.com/sluhbaseballplayers.

Coach Ron Ramspott (rramspott@sluh.org)