

**DAVENPORT NORTH SOFTBALL
PLAYER PREPARATION CHECKLIST
2020**

The following information provides you with the necessary guidelines and expectations to be fully prepared to begin the softball season on June 1st.

TRY-OUTS: Mon, June 1st - Tue, June 2nd

Monday - June 1st - 6:15 am - 7:15 am - Conditioning (North Track)
Monday - June 1st - 5:00 pm - 8:00 pm - Skills (North Softball Field)
Tuesday - June 2nd - 6:15 am - 7:15 am - Conditioning (North Track)
Tuesday - June 2nd - 5:00 pm - 8:00 pm - Skills (North Softball Field)

ALL sessions MUST be attended

For morning sessions, please park by the gym and walk to track (bring running shoes, no cleats) Shorts are allowed.

For evening sessions, please park in the east (YMCA) parking lot (you must bring your own equipment i.e. glove, helmet, bat, facemask, etc). You must wear long pants (i.e softball pants) & bring cleats.

These skills will be evaluated during tryouts:

Conditioning:

60 ft. sprints
½ Mile Run Time
1 minute push-ups
1 minute sit-ups
1 minute squats
1st - 3rd sprint time

Skills:

60 ft. throw velocity
OF Fly Balls
OF Ground Balls
IF Ground Balls
Bunts
Hitting