

Baseball Tryout Form

Name _____

Position _____

Bat: R – L – S

Years played: _____ Height: _____ Weight: _____

Highest Level: _____ Throw R – L Year in School _____

- | | | | | |
|----|----------------|-------|-------------------------------|-------|
| 1. | 60 Yard Dash: | _____ | _____ | _____ |
| 2. | Agility Run | _____ | _____ | _____ |
| 3. | Velocity Throw | _____ | _____ | _____ |
| 4. | 40 Yard Dash | _____ | _____ | _____ |
| 5. | Home to First | _____ | _____ | _____ |
| 6. | Speed | | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 | |
| 7. | Quickness | | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 | |
| 8. | Agility | | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 | |

Live Hitting/Machine

- | | | |
|-----|-------------------------|-------------------------------|
| 1. | Power | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 2. | Contact | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 3. | Technique | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 4. | Bunting | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 5. | Situational Hitting | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 6. | Arm Position | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 7. | Barrel Forward and Down | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 8. | Head-Eyes | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 9. | Top Hand | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 10. | Balance | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |

Defense – Infield

- | | | |
|-----|--------------------------------|-------------------------------|
| 1. | Foot Quickness | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 2. | Soft Hands | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 3. | Quick Release | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 4. | Accuracy of Throws | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 5. | SS to 1 st Velocity | _____ seconds |
| 6. | Arm Strength | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 7. | Outfield | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 8. | Ground Ball | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 9. | Fly Ball | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 10. | Reads | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |

Defense – Outfield

- | | | |
|----|------------------------|-------------------------------|
| 1. | Jump Ability | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 2. | Quick Release | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 3. | Accuracy of Throw | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 4. | 240 Foot Throw to Home | _____ seconds |
| 5. | Catching the Ball | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 6. | Foot Work | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 7. | Arm Position | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 8. | Throwing Accuracy | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |
| 9. | Arm Strength | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 |

All Star Baseball Tryout Forms

**California Institution for Men.
Tehachapi Branch**



All Star Baeball Tryout Forms:

Inside Pitch George Gmelch, 2006-10-01 From the spark of ambition to play baseball professionally to the necessity of reinventing life after baseball the anthropologist and former Minor Leaguer George Gmelch describes the lives of the men who work at America's national game Twenty four years after his own final road trip as a minor leaguer Gmelch went back on the road with ballplayers this time with a pen and pad to record the details of life around the diamond Drawing on more than one hundred interviews with Major and Minor League players coaches and managers Gmelch explores players experiences throughout their careers being scouted becoming a rookie moving through or staying in the Minors preparing mentally and physically to play day after day coping with slumps and successes and facing retirement He examines the ballplayers routines and rituals describes their joys and frustrations and investigates the roles of wives fans and groupies in their lives Based on his own experience as a player in the 1960s Gmelch charts the life cycle of the modern professional ballplayer and makes perceptive comparisons to a previous generation of players

High and Inside Lou Gorman, 2007-11-07 Lou Gorman is best known for having assembled the great but star crossed Red Sox team of 1986 Few perhaps know that he also laid the foundation for the Mets club that clawed past them Or that he is the only baseball executive involved in the start up of two teams the expansion Mariners and Royals that he won a World Series with the Orioles or that he has drafted Roger Clemens signed George Brett developed Jim Palmer and traded away Jeff Bagwell In all Gorman has spent parts of five decades in the front offices of five major league franchises directly involved in the development of clubs that won three World Series five pennants and eight division titles The stories behind those teams and Gorman's dealings with players managers and other of baseball's higher ups are shared here for the first time

All-Star Season T. S. Yavin, 2014-01-01 Reuven is quiet and thoughtful His younger brother Avi is outgoing and impulsive As irritating as they can be to each other the boys have two strong bonds the solidity of their Jewish family life and their passionate love for baseball As the book opens Reuven a pitcher is desperately working for a spot on the end of season All Star team while happy go lucky Avi probably hasn't even thought that far ahead Reuven is willing to ignore the advice of his parents and even involve his younger brother in his campaign to succeed The tensions leading to the big game and its surprise outcome will satisfy all young baseball fans

Until It Hurts Mark Hyman, 2009-04-01 This hair raising look at everything that is wrong with youth sports today its perils its history its key drivers is a powerful call for positive change Buzz Bissinger author of *Friday Night Lights* Over the last seventy five years adults have staged a hostile takeover of kids sports In one year alone more than 3.5 million children under age fifteen required medical treatment for sports injuries nearly half of which were the result of simple overuse The quest to turn children into tomorrow's superstar athletes has often led adults to push them beyond physical and emotional limits In *Until It Hurts* journalist coach and sports dad Mark Hyman explores how youth sports reached this problematic state His investigation takes him from the Little League World Series in Pennsylvania to a prestigious Chicago soccer club from

adolescent golf and tennis superstars in Atlanta to California volleyball players He interviews dozens of children parents coaches psychologists surgeons sports medicine specialists and former professional athletes He speaks at length with Whitney Phelps Michael s older sister retraces the story of A Very Young Gymnast and its subject Torrance York and tells the saga of the Castle High School girls basketball team of Evansville Indiana which lost three fifths of its lineup to ACL injuries in 2005 Along the way Hyman hears numerous stories about a mother who left her fifteen year old daughter at an interstate exit after a heated exchange over her performance during a soccer game about a coach who ordered preteens to swim laps in three hour shifts for twenty four hours Hyman s exploration leads him to examine the history of youth sports in our country and how it has evolved particularly with the increasing involvement of girls and much more proactive participation of parents With its unique multiple perspective of history of reporting and of personal experience Until It Hurts delves into the complicated issue of sports for children opening up a much needed discussion about the perils of youth sports culture and offering insight into how positive change can be made

Boys' Life ,1971-04 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting An Evaluation of Organizational and Administrative Practices of Little League Baseball in the State of Ohio Sidney Webster Hale,1961

Boys' Life ,1971-05 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting The Hilltopper California Institution for Men. Tehachapi Branch,1955

Extra Innings Patrick Smith,2014-08-23 What leads a man in his mid to late thirties to take up the sport of baseball after a fifteen year hiatus Especially when stressful and potentially humiliating tryouts are involved The Lutherville Maryland Athletics are a ball team composed of plumbers demolition guys investment bankers security guards and salesmen who play for the love of the game How their passion for the game of baseball affects their lives is the subject of this book Focusing on Smith s lifelong love affair with sport of baseball this volume provides a firsthand account of a season in the Baltimore County Over 30 league from tryouts to the final game Beginning with childhood experiences in the Kentwood League in Raleigh North Carolina it follows Smith through his high school and college years as his interest in the game of baseball waned The true focus of the book is the re emergence of the sport as an important part of Smith s life during his mid thirties and the glory he and his teammates find in simply being ballplayers Baseball is presented as a unifying force and a thread of stability through the experiences of an ever shifting world The changes and appeal of major league baseball are also discussed from the vantage point of Smith and his teammates

It'S All About the Kids Coach Scooter Stevens,2015-12-19 Take a journey into the magical yet sometimes complicated world of youth baseball through the eyes of a volunteer coach Its All about the Kids is a fascinating compilation of fictional stories based on actual events as retold by Scooter Stevens a youth baseball coach for over ten years From baseball to soccer from basketball to football from lacrosse to hockey hundreds of thousands of children participate in all

types of youth sports across the United States each season Regardless of the sport the reader played as a child coached as an adult or had children participate in Scooter Stevens masterfully recounts humorous lighthearted and sometimes unsettling stories about the ever present dark side of youth sports From West Palm Beach to Westlake from Tidewater to Tacoma Its All about the Kids will be relatable to any reader who has ever experienced youth sports

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