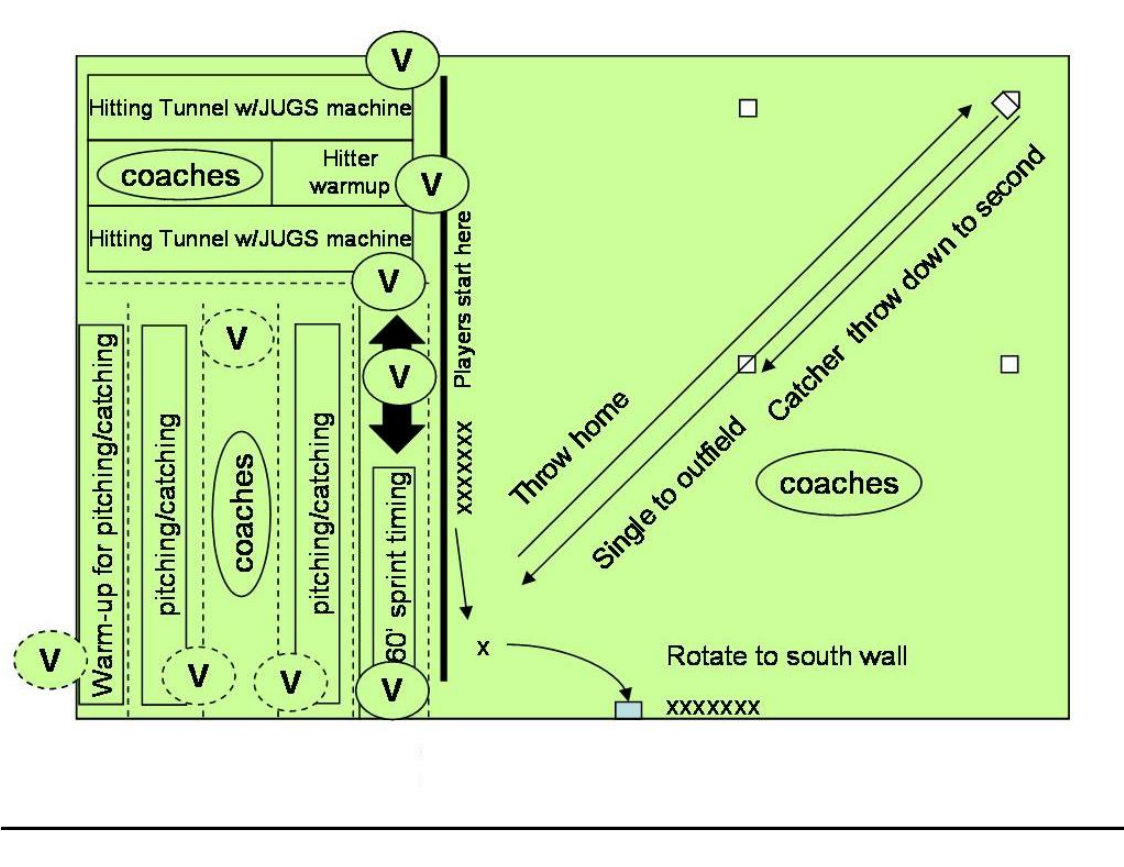
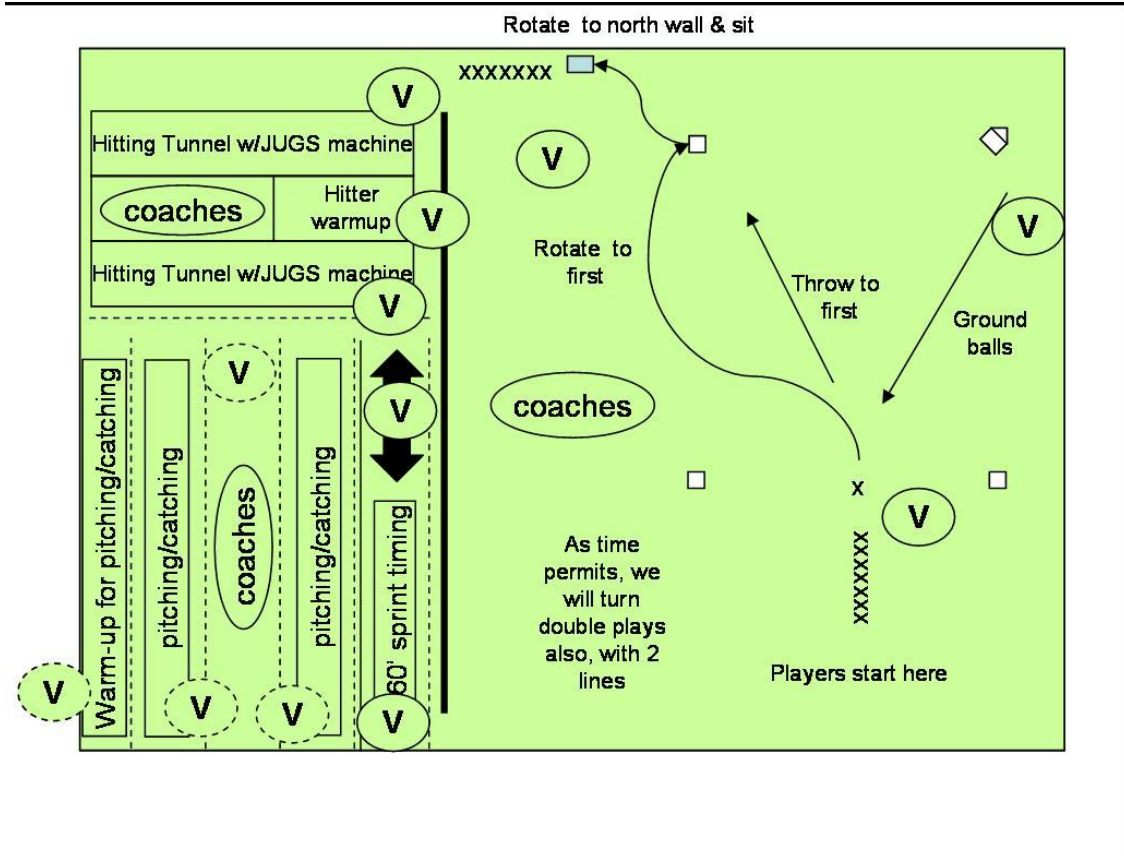


2012 FCBC Level III Tryout Format
At The Edge Sports Center
 February 26th @ *Edge Sports Center*



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AGE COLORS: (bib on the back)

10 yr old Players: **RED**

12/Under Players: **GREEN**

- 9 & 10 yr olds: Check In AT EAST SIDE OF BUILDING @ 11:30 Session runs 12:00pm – 2:45pm
- 12/Under: Check In AT EAST SIDE OF BUILDING @ 2:15 Session runs 2:45pm – 5:00pm

CHECK-IN: 9 & 10 yr olds: 11:30pm 12/Under: 2:15pm

All players must complete a Player Profile Card prior to checking in and trying out. After checking in, players will go into pitching area (west end of gym) with their bags to await further instructions. No warming-up prior to start - all players will warm-up as a group. **(ONLY Players, Coaches, and FCBC Staff will be allowed on the field: There is LIMITED viewing of this event).**

Warm-up: 10/Under: @ 12:00noon 12/Under: @ 2:45pm
15 minutes of full on-field warm

Divide and Conquer

Players will be separated into two groups. One group will remain on the Diamond for Fielding. The other group will proceed to the West end for Hitting, Sprint-timing, and Pitching / Catching. After an hour to an hour-an-a-half, groups will switch.

On Diamond: 1hr to 1h and 15 minutes

- Each group takes 3 grounders to short, throw to 1st on the modified diamonds (see diagram)
- When both groups are done, both groups go to shallow center field, each player fields pop-flies to shallow outfield with throws to home.
- At the end, catchers will throw down to second (note: catchers are **not** geared up!)

Water Break and Switch: 10/Under: 1:30pm,* 12/Under: 4:00pm *

* Times are approximate – depending on the number of players.

West end of field (tunnels/lanes): 1hr to 1h and 15 minutes

- There are **three** stations on the West end: Hitting, Sprint-timing, and Pitching / Catching.
- Pitchers & catchers go to pitching lanes. Catchers will gear up. Pitchers throw to catchers using up to 2 lanes. When players are not pitching or catching, they should complete their ***timed*** sprints.
- All others go to hitting tunnels to hit. Again, when not hitting, players should run ***timed*** sprints.
- Switch stations once activities at both stations are complete

End of Tryouts: Following Tryouts, **ALL PLAYERS will exit the field out of the EAST side door.**

Parents will pick up players OUTSIDE of the building at the EAST door.

Tryout numbers: If the number of players trying out does not meet the Draft-able Player number required to provide 12 players per team, **teams may be combined prior to DRAFT night.** Fort Collins Baseball Club reserves the right to adjust and reconfigure the leagues according to the best interest of the Club, the Coaching Staffs and the Players, according to the age-ratio of players trying out." Total Players needed for 10U: 38 12U: 42

BAT RULES: In Level III Baseball our bat restrictions are simple. We allow both metal and wood bats. All metal bats must have either a BPF 1.15 certification. At the 10 and under age level, there are **no** bat-weight restrictions. For the 12u age-level, players are **restricted from using bats** with a bat-drop (length to weight ratio) **greater than -8.** We have adopted such a rule with the goal of readying developing players for the High-School standard of a -3 bat-drop. It should be noted that this reduces your options for bats to either a 'Senior League' large barrel bat (2 3/8 or 2 3/4"), or a wood bat.