

RAIDER BASEBALL
TUESDAY TRYOUT SCHEDULE

4:30	5:00 Tuesday Pitchers and all catchers stretch
5:00	6:00 Tuesday Pitcher Tryout
5:45	6:00 Jr & Soph Stretch and Run
6:00	7:30 Jr & Soph Tryout Stations

Stations

- 1 Outside cage Tee
 - Knee low tee
 - Post Stride/Stride Board
 - Tire Stride
- 2 North Cage Long Tee
 - High Low Dbl. Tee
- 3 South Cage
 - Front Toss
- 4 Northwest Main Gym
 - Push/ Drag Bunt
- 5 South Main Gym
 - Baserunning
- 6 Northeat Main Gym
 - Throwing
 - Groundball Throwing
 - Position Throws

7:15	7:30 Sr & Fr Stretch Run
7:30	9:00 Sr & Fr Tryout Stations
	Same

9:00	Clean and Meet
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Wednesday Schedule

3:00-4:00 Sr & Fr Hitting rotation on Stage
4:00-4:15 Meet and hand out letters
4:15-5:15 Jr & Soph Hitting Rotation on Stage
5:15-5:30 Meet and hand out letters