

## **RAMS Baseball Club 2019 Tryouts!**

July 21st - 14U (Incoming 8th Graders) 11:00 AM

July 22nd 13U (Incoming 7th Graders) 4:00 PM

July 28th

13U (Incoming 7th Graders) 9 AM

14U (Incoming 8th Graders) 11:00 AM

**Players should attend both sessions if possible**

### ***PARENT INFORMATION MEETING***

Tuesday July 17 – 6:30 PM

ALL Events @ GCHS Varsity Field

Please arrive early to register.

***If unable to attend two dates, contact Steve Sturm (sturmys@comcast.net) to set up individual tryout.***

***RAMS Baseball Club provides the player development curriculum of Grayslake Central Baseball. Each club team will have paid team coaches who collaborate closely with High School coaches to ensure consistency of philosophy, technique, and expectations. The program enables an easier transition from youth baseball to Central HS baseball.***

### **From Central Varsity Coach Troy Whalen:**

*“As we embark on our 6<sup>th</sup> year of offering feeder baseball, I’m excited about the progress we have made from a development standpoint. Kids participating in the RBC Feeder Program are learning and doing some of the exact same drills and philosophies that we run in our high school program.*

*That in itself is what makes this a “true feeder” program. More importantly, the schedule as it pertains to the number of games somewhat mirrors the IHSA schedule from a quantity of games standpoint. That IHSA allows us to play 35 games in the spring not counting the post season. Our RBC teams routinely average between 35-45 games a season with a number of practices included during the season. It’s critical that a child learn the fundamentals in a practice and controlled environment and then be afforded the opportunity to demonstrate those skills in game action.*

## Rams Baseball Club Schedule of Events

### Team Selections:

- Tryouts July 21<sup>st</sup> and 28<sup>th</sup>. Player should attend both if possible.
- Player notifications July 30<sup>th</sup>.
- Player acceptance July 31<sup>st</sup>.
- Parent meeting 2019 teams week of August 6<sup>th</sup>.

### Fall & Winter Sessions:

- Mid-August to early Oct one weeknight practice during the Fall each team
- Mundelein Fall Ball League, doubleheader each weekend
- Early December to mid-March, practice each weekend at Central High School
- January to February one weeknight strength and agility training at A3 Performance
- January to mid-March one weeknight practice at facility such as Slammers
- Four weeknights in March, Hitting or Pitching Clinic with Central approved coach

### Spring/Summer Session:

- Outdoor practices start as soon as weather permits
- Games from mid-April to early July
- Expect 4 or 5 day a week commitment during season
- 14U hosts RBC tournament at Central High School in early May
- Approximately 40 games during season
- 14U field is Alleghany, 13U is Doolittle
- RBC is a member of Mikes Memorial Baseball League, most teams in Lake County
- 5 or 6 tournaments in places like Vernon Hills, Lake Forest, Barrington, Crystal Lake
- 14U typically includes a tournament with overnight stay, last season went to Omaha
- 13U possible overnight trip to Champaign or South Bend

### General Info:

- Teams coached by paid coaches
- Coaches selected by Coach Whalen
- Coaches discuss team/player progress regularly with Central High School coaching staff
- Parent volunteer will act as team coordinator for communication/administrator
- TeamSnap website is used for in-season communication
- RBC fee is \$1,600, payment schedule \$250 at Parent Meeting, \$600 Dec 1, \$350 Feb 1, \$400 Mar 1