



Buckeye Central Baseball

2023 Dates/Items of Interest/General Information

1. Complete the sign up information.
2. Make sure you download Team App and join Buckeye Central Baseball (information sheet included). We will communicate through Team App and email.
3. Make sure you pick a hat size that will fit you. Hats to try on are in four sizes: XS, S, M and L.
4. All baseball players will participate in the team program fundraiser. This will eliminate **ALL** out of pocket expense. Everybody will receive **two hats, Nike dri-fit undershirt, t-shirt, batting gloves, and socks**. Freshmen will also receive their own **personal helmet**.
5. **Weight lifting/winter throwing program begins Wednesday, Nov. 30 at the Football Field**. We will also do our throwing program. We will throw baseballs, tennis balls, and softballs into nets. Please enter through visitors' locker room door.
6. **Hitting begins Tuesday, Jan. 3**. Just like in the past hitting sessions are mini-practices and coaches are allowed to coach groups of six players. Your hitting time will be provided to you. Hitting will be at the park, **NOT** in the auxiliary gym.
7. **Conditioning begins Monday, Jan. 30**. Winter sport athletes will join when your season is over. We will combine conditioning with hitting.
8. **Practice begins Monday, Feb. 20**. *NOTE: We do not have school on the first day of practice, BUT WE WILL HAVE PRACTICE. Time to be determined.*
9. If school is canceled due to weather, weight lifting/throwing, hitting, and/or conditioning are also canceled.
10. If school is canceled when actual practice is scheduled, practice time will be at 3:00 unless otherwise stated.
11. Please schedule any family trips around baseball practices, scrimmages and games. Preparation for the season is crucial to you **AND** your teammates. Therefore, missed practices/scrimmages for planned trips could result in a loss of playing time.
12. Keep your grades up! The results of the second nine weeks is important because we START baseball in the third nine weeks.
13. All handouts, schedules, fundraiser information and MUCH MORE is on the Buckeye Central Baseball website www.buckeyecentralbaseball.com. Also, follow us on Twitter @bcbucksbaseball and Facebook/Buckeye Central Baseball.
14. Winter sport athletes: GOOD LUCK with your seasons and don't worry about baseball until your season is over!