



# PRE-SEASON MEETING 2024

# **AGENDA**



- Coaching Staff
- Sign-Up for tryouts (Select level- Freshman, JV, Varsity)
  - Varsity/JV March 11th-14th
  - Freshman March 18th
- Family ID
- Gym schedule (ESR/HS/West)
  - Check for updates on website
- Tryout process (Roster posted on website at end of tryouts)
  - Rubric/Skill Shark
- FL trip- all deposits should be in (see me after meeting in person)
- Squad Locker/ BSN school store?
- Schedules (Schedule Galaxy)
- Gamechanger – practice updates/ weather related game changes
- Commitments ( Spring Break, Prom, Tests, etc)



## NOCSAE CERTIFIED Commotio Cordis Chest Protectors

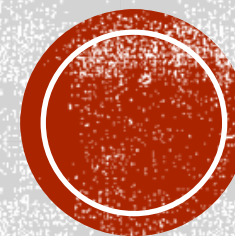
Heart guard hardware  
below chest padding



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# CHEST PROTECTOR (ALL LEVELS)



# RULE CHANGES



## 1-6-1 PLAYER COMMUNICATION EQUIPMENT

- ART. 1 . . . Any wristband with defensive shifts/offensive plays/pitching choices or game directions attached shall be considered non-electronic equipment and is permitted as long as it is a single, solid color. For pitchers, it may not contain the colors white, gray or be distracting. It does not have to match the color of the uniform or the sleeves worn underneath the uniform. It shall only be worn on a player(s) wrist or forearm and pitchers shall wear it on their non-pitching arm.

## 1-6-2 PLAYER COMMUNICATION EQUIPMENT

- ART. 2 . . . One-way electronic communication devices are permissible from the dugout to the catcher while the team is on defense for the purpose of calling pitches. When using the electronic communication device, the coach cannot be outside the dugout/bench area.
- <https://www.nfhs.org/media/7212685/2024-nfhs-baseball-rules-interpretations-final.pdf>



# SPEED, VELOCITY AND CATCHERS

Score	Home-1B	60 Yd. Dash	Velocity	Catcher's Pop
8	4.0 L, 4.1 R	6.4 & under	86+	1.8 and below
7	4.1 L, 4.2 R	6.5 – 6.6	83 - 85	1.9
6	4.2 L, 4.3 R	6.7 – 6.8	80 - 82	2.0
5	4.3 L, 4.4 R	6.9 – 7.0	77 - 79	2.1
4	4.4 L, 4.5 R	7.1 – 7.2	74 - 76	2.2
3	4.5 L, 4.6 R	7.3 – 7.4	71 - 73	2.3
2	4.6 L, 4.7 R	7.5 – 7.6	68 - 70	2.4
1	4.7 L, 4.8 R	7.7 & above	65 - 67	2.5

# THROWING SCORES

Score	Explanation
8	Ball <b>always</b> reaches target <b>in the air, on a line</b> , with <b>excellent</b> velocity.
7	Ball <b>always</b> reaches target <b>in the air, on a line</b> , with <b>good</b> velocity.
6	Ball <b>always</b> reaches target <b>in the air, on a line</b> , with <b>adequate</b> velocity.
5	Ball <b>usually</b> reaches its target <b>in the air, on a line</b> , with <b>adequate</b> velocity.
4	Ball <b>usually</b> reaches its target <b>in the air</b> , but often does so with a <b>hump</b> in it.
3	Ball <b>sometimes</b> reaches its target <b>in the air</b> , but often does so with a <b>hump</b> in it.
2	Ball <b>never</b> reaches its target <b>in the air</b> .
1	Ball <b>never</b> reaches <b>halfway</b> to its target.

# HITTING AND POWER

Score	Explanation
8	Contact is <b>always</b> made with <b>line drives</b> being hit to <b>all fields</b> .
7	Contact is <b>always</b> made with <b>line drives</b> and <b>groundballs</b> being hit to <b>all fields</b> .
6	Contact is <b>always</b> made with <b>flyballs, groundballs</b> and an <b>occasional line drive</b> to <b>all fields</b> .
5	Contact is <b>always</b> made with <b>flyballs, groundballs</b> and an <b>occasional line drive</b> to the <b>middle or pull side</b> .
4	Contact is <b>usually</b> made with <b>groundballs</b> and an <b>occasional pulled flyball or lazy line drive</b> .
3	Contact is <b>usually</b> made but the <b>ball rarely travels out of the infield area</b> and is <b>often popped up</b> .
2	Contact is <b>seldom <u>made</u></b> and the ball is <b>often foul or rarely travels beyond where the pitcher is</b> .
1	Contact is <b>never</b> made.





# TEAM 85

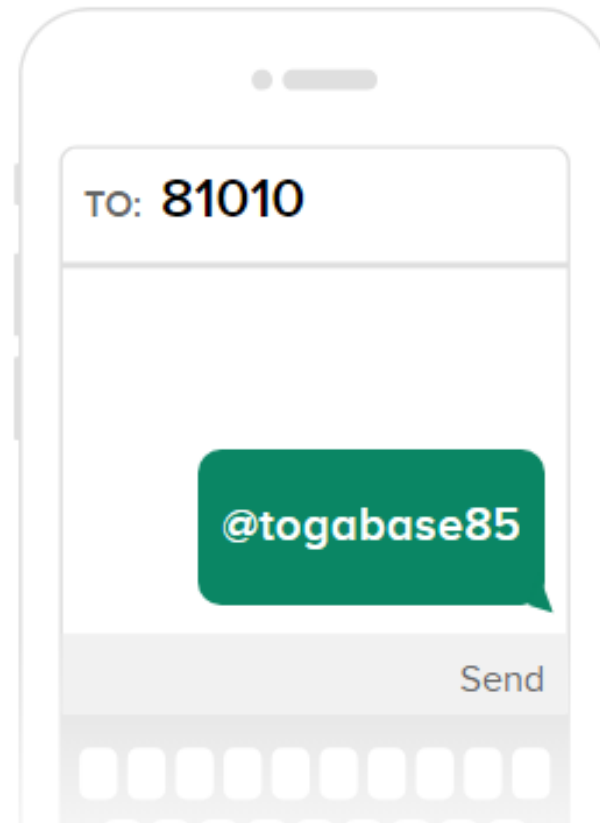
	First Baseman		Outfielders		Pitchers
	1		1		1
	2		2		2
			3		3
	MINF		4		4
	1		5		5
	2				
	3		Catchers		Bullpen
			1		1
	3rd		2		2
	1		Utility		3
	2		1		4



Tell people to text @togabase85 to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @togabase85 to (901) 466-8785.





**BASEBALL**

Player Information Upload



# BLUE STREAKS

B A S E B A L L



- Coach Cuthbertson
- [a\\_cuthbertson@saratogaschools.org](mailto:a_cuthbertson@saratogaschools.org)
- (315) 778-5050
- @togabaseball
- [www.togabaseball.com](http://www.togabaseball.com)

