

Frozen Ropes JR. BLACK BEARS
Softball TRAVEL TEAM Tryouts 2010-2011
Springbrook Complex Longmeadow Rd. Scarborough
Take a right at 195 Broadturn Rd.

Thank you for registering for the upcoming Tryouts this Sunday August 22nd, 2010. The times are as follows:

12U and 14U:	9:00-11:00
16U	11:30-1:00
18U	1:30-3:00

Please make sure you check in 15 minutes prior to your start time to receive your number to be placed on the back of your shirt.

You will need all of your softball equipment. If you catch, please bring your catching equipment. You will also need your glove, cleats, bat, slider or wear pants, visor and helmet. Don't forget your water bottle!

You will be evaluated on foot speed, agility, hitting for power and average, glove work, range, arm strength and energy. Also included will be slapping (for those that can), catching mechanics as well as pitching. We are looking for command of pitches as well as a presence in the circle. Positive body language is crucial so we will be observing you at all times.

Following the tryouts, the coaches will meet to give their recommendations. It will more than likely take about a week to go through all 4 teams in order to give everyone a fair and thorough evaluation and consideration. The offers will be made starting the week of August 30th. **Please wait to contact Frozen Ropes until you are contacted by the coach.** We will be having a mandatory team meeting on Sunday September 26th at 4:00 at the Frozen Ropes Training Center to go over the upcoming year with dates and times of practices, tournaments and any special events. **This will be for Team Members and Parents Only!**

Although this is an exciting time for everyone involved, it's also an anxious time for those truly wanting to make a travel team. Should this program not be a good fit at this time, we also offer classes and clinics during the fall, winter and spring seasons. Please feel free to ask us what we recommend for you now that you have been evaluated. We wish that we had a spot for everyone, however that just isn't possible. Please come in with realistic goals and use this as a learning experience that can help you achieve what you are looking for. It's not the end of the world if you are not selected. This may simply be an opportunity for you to really focus on how much you want to put into this game and how far you want to take your game.

If you have any specific questions regarding the tryout, please let me know. lynn.coutts@yahoo.com

Please check the website at www.frozenropes.com/portland for updates should we experience any weather issues. The alternate location will be Frozen Ropes 512 Warren Ave. Portland.

SEE YOU ON SUNDAY!

