

Alabama Baseball Coaches Association
2017 UNSIGNED HIGH SCHOOL SENIOR BASEBALL PLAYER WORKOUT'S

When & Where:

Tuesday, May 30 at Coastal Alabama Community College (Formerly Faulkner State C.C.),

1900 Hwy 31 South, Bay Minette, Alabama 36507.

1:00 p.m. – 2:00 p.m. On-site registration/Pre-registration check-in, Workout thereafter.

- * Colleges committed to being at this workout (as of April 1): AL Southern CC, CACC, Bishop St., Coastal AL CC, Enterprise St. CC, Jeff Davis CC, Lawson State C.C. LBW CC.

Thursday, June 1 at Calhoun State Community College, 6250 Highway 31 North, Tanner, Alabama 35671.

1:00 p.m. – 2:00 p.m. On-site registration/Pre-registration check-in, Workout thereafter.

- * Colleges committed to being at this workout (as of April 1): Calhoun CC, Enterprise St. CC, Lawson State C.C., Snead St. CC, Wallace-Hanceville C.C.

Saturday, June 3 at Central Alabama Community College, 1675 Cherokee Road, Alexander City, AL. 35010

1:00 – 2:00 p.m. On-site registration/Pre-registration check-in, Workout thereafter.

- * Colleges committed to being at the workout (as of April 1): AL Southern C.C., CACC, Chattahoochee Valley C.C., Enterprise St. C.C., Jeff Davis C.C., Lawson State C.C., Snead State C.C., Wallace-Dothan, Wallace-Selma.

Who May Attend: Any 2017 Senior High School Baseball Player – AHSAA, AISA, Home Schooled, etc.

- * The same player may attend 1, 2 or all 3 workouts.

Cost: FREE, if the Players Coach is a 2016 - 2017 ALABCA Member and the player pre-registers online by May 23. This is to cut down the on-site reg. line come the day of the workout. \$25 for on-site reg. fee if the player's coach is a member. Forms of payment accepted on-site: Cash & Credit Card Only. *To see if your head high school baseball is a member go to, www.alabca.org, see the Membership link at the top of the home page.*

\$25 (pre-reg) for any player who's coach is not a 2016 – 2017 ALABCA Member. \$40 on-site. He may join on-line before you register, so you and other players from your school may workout for free.

How to Register:

You may only pre-register on line at: www.alabca.org, see the Events link on the home page to find the Unsigned HS Senior Workout pre-registration link. You may register on-site, however it will cost more.

Parents must sign a player's physical certification/voluntary waiver release before their son works out, either on-line (check the box) if you pre-reg. or print a form off of our site, sign it and have your son bring it to the workout.

Workout Format:

1) All participants are timed in the 60, 2) Pitchers throw 7 pitches in the bull pen (3 FB, 2 CB, 2CH) (Pitchers may leave if they are PO's after they throw), 3) On-Field Batting Practice (8 cuts), 4) Defensive work: OF - Throw from RF – 2 to 3B, 2 to home, INF – Round of infield, Catchers - throw 4 to 2B.

This is a professional style workout.

In case of inclement weather - The night before the workout – check the ALABCA web-site by 8 p.m. to see if there is a delaying/rescheduling/cancelling of the workout. Go to www.alabca.org, see the Upcoming Events Section on the right hand side of the home page.

Any questions may be directed to Barry Dean at: (334)676-0434 or barrydean@alabca.org.

Common Questions: Players should bring their own baseball gear to workout in – attire, spikes and turfs, hat, glove, bat, etc. Baseballs, helmets & water will be provided. Players may eat on their own during the workout when they have down time and are not being worked out. Workouts will be over whenever each player is fully worked out – depends on how many players participate.