

PIRATE BASEBALL

MARCH 10-14: ARM CARE & CONDITIONING WEEK

MARCH 17-19: TRYOUTS

Part 1: Gear Up for Success - Arm Care & Conditioning Week (March 10-14, 2025)

Mark your calendars: March 10-14, 2025! This five-day period is your official pre-season preparation and your first chance to connect with the PCM Baseball Coaching Staff and your teammates. Let's make it count and set the tone for a dominant season!

What's the Big Deal About Arm Care & Conditioning Week?

Think of this week as essential pre-season training! We are laser-focused on preparing your bodies, and especially your arms, for peak performance and a healthy season. This week is about building a solid foundation for success, and it all starts with taking care of our most valuable tool: your arm!

What Can You Expect During the Week?

We've designed this week to get you ready in all aspects:

- **Bulletproof Your Arms!** We will be running drills and exercises specifically designed to:
 - Strengthen your throwing muscles.
 - Boost your arm flexibility.
 - Prevent injuries that can sideline you.
 - Important Note: This isn't just for pitchers and catchers! Every baseball athlete needs a healthy arm to perform at their best, no matter what your position is.
- **Get in Game Shape:** We're going beyond just arms! Expect to work on your overall physical conditioning, including:
 - Strength
 - Agility
 - Endurance
 - Being in top physical shape is essential to dominate on the field and play your best throughout the entire season.
- **Meet the PCM Baseball Crew:** This week is your first real introduction to the PCM Baseball Coaching Staff! Get ready to:
 - Learn our coaching philosophy and what we expect from you.
 - Start building team chemistry and camaraderie. Teamwork and trust start right here!

Rules You Need to Know for Conditioning Week:

- **Gear Up Smart:** Come prepared each day with:
 - Baseball pants
 - Baseball/Athletic shirts

- Baseball hat (worn forward)
- Molded Cleats/Sneakers/Turf shoes (IMPORTANT: NO METAL SPIKES ALLOWED!)
- Equipment for the Week: For this week, we're focused on arm care and conditioning fundamentals. Only baseballs, gloves, and catcher's equipment are permitted. Leave your bats and other equipment at home for now.
- Fuel Up Responsibly: NO FOOD permitted in the facilities. Make sure you are properly fueled and hydrated before you arrive each day.

Why is Arm Care & Conditioning SO Important? Let's Break it Down:

- Stay OFF the Bench - Injury Prevention is Key! Nobody wants to spend the season watching from the sidelines because of an injury. Proper arm care is your #1 defense against getting injured and missing valuable playing time. We want you to be healthy and contributing all season long!
- Unleash Your Full Potential - Performance Enhancement! A strong, well-conditioned arm isn't just about avoiding injuries. It's also about maximizing your performance. This means:
 - Increased throwing velocity
 - Improved throwing accuracy
 - Overall enhanced performance at EVERY position!
- Building a Championship Foundation! This week is the first brick in the foundation of our season. By prioritizing arm care and conditioning right from the start, we are:
 - Setting the tone for a disciplined and focused season.
 - Building a solid base for individual and team success.
 - Creating a culture of health and well-being within PCM Baseball.

Part 2: PCM Baseball Tryouts (March 17-19, 2025)

Following Arm Care & Conditioning Week, we will move directly into tryouts. Tryouts will be held March 17-19, 2025. Teams will be announced in the evening on March 19th. This is your opportunity to showcase your skills and compete for a spot on the PCM Baseball team!

Registration - Important Pre-Tryout Requirement:

- Athlete Clearance: Athletes MUST be cleared by their school's Athletic Office PRIOR to being allowed to try out. This includes having an updated physical on file every two/three years. Check with your respective school's athletic office immediately to ensure you are cleared to participate.
 - Park Center Senior High School: <https://www.pcactivities.com/registration/>
 - Columbia Heights High School: <https://hylanderactivities.com/2024/02/01/register-now-for-spring-sports/>
 - Maranatha Christian Academy: <https://maranathachristian-ar.schooltoday.com/>

Tryout Schedule & What to Bring:

- Dates: March 17-19, 2025.

- Gear: Athletes should bring all necessary baseball gear each day, including:
 - Hat
 - Glove
 - Bat
 - Helmet
 - Turf Shoes/Sneakers
 - Athletic Clothing
 - REQUIRED Gear for Tryouts: White baseball pants, belt, protective equipment, and baseball hat (worn forward). NO METAL SPIKES.
 - If you lack any gear, please communicate with the coaching staff a week prior to tryouts to develop a plan for full participation.
- Be Prepared: Athletes should ALWAYS be prepared for outdoor and indoor workouts. Bring warm clothes and be ready to go outside in wet and cold weather.
- Schedule Flexibility: The tryout schedule is fluid and could change daily due to weather and facilities access. Please be flexible and stay informed. Schedule updates will be communicated via:
 - PCM Baseball website: <https://www.parkcenterbaseball.com/>
 - TeamSnap app: <https://go.teamsnap.com/6964694/schedule?mode=list&pageSize=30>
 - Program email distribution list.

Evaluation Process:

Over the 3-day tryout, the entire coaching staff will evaluate each athlete on 5 different skill sets:

- Speed:
 - Hard 90 Foot Dash (home to first time)
 - 60 Yard Dash
 - 80 Foot Dash (steal time)
- Hitting:
 - Hitting for Contact (Prioritizing solid, consistent contact first, followed by power)
 - Hitting for Power
- Throwing:
 - Throwing, Accuracy and Strength (Looking for high-quality arm action)
- Defense:
 - Catch Play
 - Fielding: Infield
 - Fielding: Outfield
 - Pitching (if applicable)

- Catching (if applicable)
- Attitude: We will carefully observe each athlete's demeanor and hustle. We are looking for:
 - Team First Attitude
 - Engagement/Attentiveness
 - Positive Body Language
 - Effort
 - Coachable
 - School Attendance patterns that show responsibility and commitment.

Understanding Roles & Team Rosters:

- Role Acceptance: Conversations about projected roles and your acceptance of those roles are crucial. All athletes need to fully embrace their projected role to be part of the program. Remember, roles can evolve as you work to improve. Be prepared to answer the question: “Will you accept the projected role of being on the team, even if it means limited playing time? Would you embrace this role and accept the opportunity to improve your skills in practice?”
- Roster Size and Cuts: Due to facility and resource limitations, PCM Baseball typically carries between 52-58 athletes across 4 teams. Unfortunately, this means that not everyone who tries out will make a team. Our coaches will make every effort to conduct fair tryouts.
- Not Everyone Makes the Team: We understand that tryouts can be stressful, and roster decisions are the hardest part of coaching. While we would love to keep everyone, it’s simply not feasible. This is a competitive program, and not making the team this year does not define your potential or future. We encourage athletes who are not selected to continue developing their skills and consider trying out again next year.

If You Do Not Make the Team:

We recognize that not making the team can be disappointing. Please understand that:

- It's Part of a Larger Story: Many successful athletes have faced setbacks, including not making teams. This experience can be a stepping stone to future growth and success in baseball or other areas of life.
- Your Identity is Bigger Than Baseball: Your worth and identity are not defined by whether you make this team or not.
- Fees & Refunds: If your child is not selected, the athletic department will be alerted, and any fees paid may be refunded or applied to other sports like Track and Field.

Let's Go Pirates!