

LINCOLN WILDCATS 2018 BASEBALL

- **Lincoln Baseball Website:** <http://cohlau.wix.com/lincoln-baseball>
- **Program:** Lincoln Middle School (7th & 8th Grade Programs) *6th Graders ARE eligible to tryout
- **Players:** 15-16 players per team
- **Coaches:** 8th grade: Matt Rogers mrogers@ecusd7.org 7th grade: Craig Ohlau cohlau@ecusd7.org
- **Tryout Information:**
 - **Parent Information Meeting:** *Monday, July 16th at 6:00pm in the Lincoln Middle School Gym Lobby.*
 - (Not required, but we will answer questions regarding the program). If you have questions before, please contact one of the coaches.
 - **Tryout Dates:** *Monday, July 30 & Tuesday, July 31 (2 days min.). Be there early to turn in paperwork.*
 - **Times:** *8th grade—8:00-10:00am and 6th & 7th grade—10:00-12:30pm*
 - **If you are out of town for tryouts, please contact Coach Rogers regarding an alternate date for trying out.**
- Information regarding physicals, medical forms, emergency cards, tryout information, and schedules can be viewed by going to the Athletic Page of the Lincoln Middle School Home Page or by emailing Coach Rogers at mrogers@ecusd7.org or Coach Ohlau at cohlau@ecusd7.org
- **Forms that must be turned in before tryouts or on July 30th.** If you wish, you can turn in the paperwork early to Lincoln Middle School's Main Office. These forms can be found on the Lincoln Baseball Website.
 - *Medical Release Form/Concussion Form*
 - *Physical Form*

When registering for school, please tell the secretaries you are playing baseball, so they will know to put your physical on file.

Equipment needed for Tryouts:

- Hat, glove, and shoes/spikes (molded). You can also bring your own bat and helmet, but these items will be provided at tryouts.

Evaluation Tools:

- Running, Throwing, Fielding, Hitting, & Power. In addition, Baseball IQ and other personal attributes will be considered when selecting the team.

District 7 Sports Complex Field Usage

- a. Practices: JV Turf Field & Tom Pile Field (Monday-Saturday)
- b. Home Games: JV Turf Field (4pm / 6:15pm)

Routine – School Day

- **2:50 pm** Dismissal-Bus to Complex
- **3:10-4:30** Practice
- **4:35** Bus back to Lincoln for Parent Pick-up at School or 4:45 Activity Bus