

# Sunrise Mountain Mustangs Baseball

Fall/Winter Ball FAQ's

## **What is the purpose of fall/winter ball?**

The Fall/Winter baseball team at Sunrise Mountain is an instructional league where players get the opportunity to develop individual and team skills in preparation for the spring regular season. All games during Fall/Winter Ball have an instructional and developmental philosophy. Although establishing a winning attitude and expectation is very important, wins and losses are not the measure of success for Fall/Winter Ball. This season is used to work on new skills and to fine tune old skills.

## **Can I play on the fall/winter baseball team if I am also playing on one of Sunrise Mountain's fall or winter teams?**

Typically no. Since this is an offseason team, players would need to gain permission from the coach of the in season sport to allow them to play both. If there is ever a conflict between the fall/winter baseball team and a sports team that is in their regular season, the player must go to the other team because it is their regular season and fall/winter baseball is an offseason activity.

## **Are you required to have a physical on file with the school and be cleared through Register My Athlete?**

Yes. All players must have a current physical on file with Sunrise Mountain High School which must be done through [www.RegisterMyAthlete.com](http://www.RegisterMyAthlete.com) to be cleared to participate. If you have any questions about if you are cleared or not, please contact Mrs. Firriolo in the Athletic Office at 623-487-5130. No player will be allowed to participate in any baseball activity without being cleared through this process.

## **Is there a tryout for the team?**

No. There are no tryouts and players will not be cut from the team. Based off of their current abilities, players will be placed on a team that will maximize their opportunities to improve their game.

## **If I don't play fall/winter ball can I still make the team in the spring?**

Yes. Fall/winter ball is not required to make the spring team, but it is highly encouraged to play because it helps you improve your skill level and allows you to understand what the coaches emphasize and look for.

## **When are the games?**

Games are scheduled Monday-Saturday. There might be an occasional game on a Sunday if we are in a tournament.

## **Is transportation provided for fall/winter ball games?**

No. All players are responsible for their own transportation to and from games. The school district does not provide transportation since this is an off season team.

## **When are practices?**

Practices vary throughout the fall/winter season due to field availability and need. Coaches will communicate with their players when they plan on holding a practice. Our program will continue to lift weights during this time because it will help you grow as a baseball player. Weight lifting sessions are just like practices and all players are expected to attend.

## **I paid my athletics participation fee to the bookstore already, does that cover me for fall/winter ball?**

No. The athletics participation fee is a district policy for all student athletes who are participating in a regular season sport. Fall/Winter ball is an off season team.

## **What does the fall/winter ball registration fee pay for?**

Since this is an off season team, we are fully funded through the fall/winter ball registration fees and receive no money from the school. The registration fee for fall/winter ball pays for our league fees, tournament fees, umpires, game balls, and other costs associated with fall/winter ball.

## **What should I wear to workouts and games?**

Coaches will communicate what to wear for any practices but typically shorts and t-shirts are acceptable for all workouts. You are highly encouraged to bring both baseball attire (pants/belt) and shorts, just in case you did not hear correctly what the appropriate clothing was for the practice. Athletic shoes are mandatory. For games all players are asked to wear white or grey pants, purple socks/stirrups, purple belt, a SMHS hat, and the fall/winter team issued shirt. The coach will communicate exactly what we are wearing for each game, but as always, if you are unsure, bring everything or ask the coach.