

Baseball Training General Information

Requirements to Participate

- All students must have a completed physical form turned in prior to the start of training. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- All students must have a glove, bat, helmet and appropriate baseball attire. This includes: baseball pants, socks, cleats, t-shirt and ball cap. Equipment bags can be dropped off first thing in the morning down in the baseball dugout. When the day has finished they will report to the dugout to change and prepare for a 3:30 start.

Season info

- General season timeframe is 6 weeks starting mid September and ending in mid/late October. Once we have completed the sign-up process (usually by end of August) we will email out the complete training schedule for the fall. Please be patient as we work out the details based on the number of participants that sign up.
- The goal of the program is to develop our students in baseball specific skills and drills to allow for them to be better overall baseball players. There will be no games, uniforms etc.. Baseball training will be exactly what the title indicates..... Training in Baseball.
- Commitment level for training will be Monday through Thursday after school approx. 3:15-5:00pm.
- We will have no cuts for those wishing to participate unless our number of participants exceed a number that creates a difficult environment to manage based on our coaching staff and facility assignment. Each family will receive notification if this takes place.
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season that covers transportation, equipment, coaching stipends etc.
- Coaches info: JH Baseball Training is led by Coach Diatte jdiatte@vcs.net

Physical Form

https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf