



2018 Cyclones Softball & Baseball Tryouts

Sioux Falls Cyclones Baseball & Softball will be holding tryouts for our travel teams. We are looking for serious, high level baseball and softball players that are serious about the game and are looking for specialized training in a fun, but competitive environment. Cyclones Players are highly athletic, competitive, hardworking, dedicated young athletes. Our expert staff of instructors has years of both professional and collegiate experience and teach in a fun but challenging manner. Our travel teams travel across the Upper Midwest and train throughout the year. Our goal with every athlete is to provide them with the information and training in order to allow them to reach the next level of their sport. We have had over 50 athletes go on to play at the collegiate level and have 2 of our players drafted into professional baseball.

<u>Date</u>	<u>Time</u>	<u>Age Group</u>	<u>Location</u>
7/17/17	9am	10U Baseball	TBD
7/17/17	1pm	10U Call back game	TBD
7/17/17	4pm	10U Softball	TBD
7/17/17	6pm	10U Call back game	TBD
7/18/17	4pm	12U Softball	TBD
7/18/17	6pm	12U Call back game	TBD
7/19/17	9am	11U	TBD
7/19/17	1pm	11U Call back game	TBD
7/19/17	4pm	Softball Rain date	TBD
7/24/17	9am	12U	TBD
7/24/17	1pm	12U Call back game	TBD
7/26/17	9am	13U	Augustana
7/26/17	1pm	13U Call back game	Augustana
7/31/17	9am	14U	Augustana
7/31/17	1pm	14U Call back game	Augustana
8/2/17	9am	Rain date/Make up	TBD
8/1/17	9am	JV	Augustana
8/1/17	1pm	JV Call back game	Augustana
8/3/17	9am	Varsity	Augustana
8/3/17	1pm	Varsity call back	Augustana
8/4/17	9am	Rain date/Make up	TBD
10/9/17	6pm	14U/16U Softball	TBD
10/10/17	6pm	14U/16U Call back game	TBD

Age Level Baseball:

For 10U-12U - May 1 birthday cutoff per USSSA rules.

For 13U - 13U Division Players who turn 14 prior to May 1 of the current season are not eligible unless they are in the 7th grade. Also, any player turning 15 prior to May 1 will not be eligible.

For 14U - 14U Division Players who turn 15 prior to May 1 of the current season are not eligible unless they are in the 8th grade. Also, any player turning 16 prior to May 1 will not be eligible.

Age Level Softball:

For 10U-18U – December 31st birthday cutoff per all softball organizational rules.

Cost for Tryout

The cost of the tryout is \$50.00. This cost covers the expense of the evaluation, field rent, and umpires for games. The tryout fee is non-refundable. If a rain out of a tryout occurs, we will find a suitable time for a makeup tryout for each age division.

Field address, what to bring and what to expect at Cyclones tryouts:

Sanford Fieldhouse

2215 W Pentagon Pl, Sioux Falls, SD 57107

Augustana University Ronken Field

W 33rd St and S Grange Ave, Sioux Falls, SD

What players should bring to tryout:

- Please wear full uniform, including spikes and glove
- Bring water, sunscreen etc.
- Catchers should have own gear, if do not own gear, Cyclones staff will provide for tryout

What players should expect at tryout:

- Each player will run a 60 yard dash (14U-Varsity), 40 yard dash (10U-13U) for time
- Each player will go through defensive work, including
 - Outfield work
 - Infield ground balls
 - Catchers receiving, blocking, pop times
 - Pitchers bullpens
- Each player will go through offensive work, including
 - Batting practice

After morning tryout on each age group day, players will return to play in a scrimmage against live pitching where pitchers will throw a controlled inning to hitters.

Players are responsible for their own lunch and will be given time between the morning tryout and afternoon games.

Posting Rosters

Rosters will be posted no later than 24 hours after call back game.

Tryout – Running, Defensive work, Offensive work

Player will select no more than 2 positions for tryout

Running

- 10U-13U and all of Softball will run a timed 40 yard dash
- 14U-18U will run a timed 60 yard dash

Outfield

- Each player will be given 6-8 ground ball and fly balls, hit at them, and to their left and right
- Scoring will be judged on the following:
 - Ability to judge fly balls, athleticism and hustle
 - Range to the left, right, in and back
 - Catching the ball hit at player, to the right and left
 - Superior arm strength

Infield

- Each player will receive 6–8 ground balls hit at them, to their right and left
- Scoring will be judged on mechanics including:
 - Footwork and Hands
 - Proper throwing technique / body control
 - Quickness / lateral movements
 - Accuracy
 - Athletic ability and hustle
 - Superior arm strength

Pitching

- Each player will receive 10–30 pitches / or throw one inning
 - Mechanics Baseball – must show the ability to have consistent mechanics from the wind-up and stretch position
 - Velocity– player should have above average velocity relative to age group
 - Movement and Action– player (relative to age) should show ability to have movement on fastball and action on secondary pitches
 - Location – player should have the ability to throw all pitches in the strike zone

Catching

- Each player will receive 6-8 balls thrown from an evaluator and/or pitcher
- Catching and Receiving – player should be able to catch the ball without struggling and should be able to show the ability to frame pitches in and around the strike zone
- Arm Strength – player should have above-average arm strength relative to age group and have the ability to throw to 2nd base with relative ease and little or no arch
- Blocking– player should not move out of the way of a bounced ball and should make an effort to display proper blocking technique and hustle

Hitting

- Each player will receive between 7 – 10 pitches from a coach.
- Scoring will be judged on mechanics including:
 - Set-up
 - Swing
 - Balance
 - Ability to make solid contact
 - Superior power
 - Overall athletic ability and talent

Note: There will be some down time between stations. Players need to be prepared to wait their turn and be prepared when their name is called.

Players should register [here](#) no later than 1 week before schedule tryout.

(Welcome, info, waiver, register, review, receipt)

Check in:

When players arrive for their tryout, they should check in at the check-in tent with Cyclones staff. Stretching will be done as a group before the tryout begins. Cyclones staff will meet with the group and discuss the morning events, as well as the plan for call back game in the afternoon.

Players who cannot make the tryout date need to contact us in order to schedule a time at one of our other tryout dates. Contact us at eric@sfcyclones.com