# CAMROSE MINOR BALL ASSOCIATION - POLICIES & PROCEDURES



## **CMBA Tryout & Evaluation Program / Policy**

**NOTE: THIS POLICY** has been established by the CMBA Board to outline requirements used in the tryout, evaluation and selection process. **All CMBA Board Decisions are Final.** 

It is the goal of the Camrose Minor Ball Association to field a minimum of one AAA (18U, 15U) and AA (18U, 15U, 13U & 11U) team at each age division, each season. However, the final number of Representative teams at each level is dependent on final registration numbers, as well as, the Association's ability to secure proper facilities, qualified coaches, and team competitiveness at those levels. CMBA also offers Non-rep avenues for playing ball at the 7U (Rally Cap) and 9U to 18U age groups.

CMBA recognizes that the tryout/evaluation process at the Representative levels can be a stressful time for players and parents alike. CMBA will strive to keep the process as clear and open as possible, while being impartial and minimizing bias. Player evaluations will always be conducted by a minimum of two Independent Evaluators. No parents will be permitted to assess their own children or be involved in the execution of drills in order to eliminate bias. However, parents with players in the division may help to coordinate the overall evaluation session, and assist with catching balls, warming up kids, and other items that will not directly influence the evaluation of the players.

With the Non-rep evaluations for all levels/ages (7U - 18U), CMBA invites coaches, parents and anyone who wishes to help in the evaluation process to volunteer and help to make the evaluation a smooth and enjoyable process.

The Association will conduct open evaluation sessions for all divisions of play starting late February till middle of April. Players will have to be registered with the CMBA (or other Baseball Alberta Association in the event of player transfers/imports) prior to attending any player tryout/evaluation session. Any players not registered will need to sign off on a waiver form absolving CMBA of any responsibility during the process.

During the evaluation process, little or no coaching is to be done, and players are encouraged to showcase their abilities.

## **Definitions:**

"Independent Evaluators" - For the purpose of this Policy, an Independent Evaluator will be defined as a person of whom is or does not have any type of personal connection, whether it be family members, close family friends, or "skin in the game" situation that can affect judgement during a tryout or evaluation process.

## **Selection of Independent Evaluators:**

- The CMBA Board will appoint competent Independent Evaluation Committees for each division as it deems necessary.
- The CMBA Board will decide on a case by case basis whether coaches will be involved with the evaluation process or not. In the event the Board deems it necessary to have the coaches involved, they will be directed to work in collaboration with the selected evaluation committee and CMBA Board.
- In the event of a Non-Parent Coach selection to a team, the CMBA Board may choose to allow the coach to oversee the evaluation committee as they deem necessary.
- The CMBA Board will have the final say on the selection of Independent Evaluators in all tryouts and evaluations.

## **Evaluation Process:**

- The number of evaluation sessions may be reduced or increased depending on the number of players in the division and at the discretion of the evaluation committee, coach or CMBA Board.
- A parent meeting will be held at the first evaluation session by the Divisional Director to explain the tryout/evaluation
  process and to communicate the requirements for that level of play. Any other questions or concerns should be
  raised at this time to ensure proper placement of players.
- The following 3 core attributes will be assessed during the tryout/evaluation process:
  - o **Hitting** is evaluated by power, mechanics, and contact.
  - o **Throwing** is evaluated by arm strength, mechanics, and accuracy.
  - Fielding (Infield/Outfield) is evaluated by range, catching, and mechanics.
- Additional attributes that may factor into player tryout/evaluations process:

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- o **Foot Speed** is evaluated by speed and agility.
- o **Pitching** is evaluated by velocity, control, mechanics.
- Catching is evaluated by arm strength, accuracy and mechanics.
- Intangibles Coachability: It is imperative that players conduct themselves in a respectful manner with fellow players and take direction from coaches to ensure continuous improvement of skills. A player's history in CMBA may be considered.
- o **Intangibles Baseball IQ**: A player's ability to "think" the game of baseball and make good decisions will be taken into consideration during the evaluation process.

## **Evaluation Stations:**

The field of play will be segregated into stations for the evaluation process. Each player will be required to go through a minimum of all the core fundamental stations including infielding, outfielding and batting. Additional stations (eg. pitching, catching, time trials, etc.) may also be used in the evaluation process if the evaluation committee, coach or board feels there is the necessity for it. The number of repetitions along with drill formats used will vary depending on age and level of tryouts. Please see the "CMBA – Player Tryout/Evaluation Format" document.

#### **Missed Evaluations:**

Evaluations are mandatory for consideration to play with any CMBA Representative teams. In the event a player is unable to attend any or all the tryout/evaluations due to legitimate conflict, the Divisional Director must be notified prior to the evaluation session(s) in order to make alternate arrangements. If proper notice is given, every effort will be made to accommodate a make-up evaluation, or, if available to the association, previous experience may be taken into consideration.

Players that are unable to make evaluation sessions due to injury, may be placed on a team based on their past team placement and in discussion with the evaluation committee and previous coaches. This will be handled on a case-by-case basis taking into consideration the current Injury time period as well.

If proper notice is not provided, player placement may be denied. All decisions will be discussed, and outcomes determined by the CMBA Board.

## **Formation of Teams:**

All teams will be formed based on player evaluations and coach picks, as outlined in the below "Roster Selection Process". The CMBA Board reserves the right to oversee the selection process of all teams and at any time make any changes the CMBA Board deems to be in the best interest of a player, coach, parent or the association. Final team selections will be posted to the CMBA Website and players will be contacted by their assigned coach.

- AAA Tryouts will be conducted first and players/the team will be selected as per the Roster Selection Process upon conclusion.
- Players not selected will move on to the AA Rep tryouts or back to their home association as per the CMBA Import and Roster Size Policy.
- Upon conclusion of the AA tryouts/evaluations, teams will be selected as per the Roster Selection Process. Where registration numbers permit the formation of two or more teams at the same level, evaluations will be used to form the Top team first and players left over will be used to form sequential teams.
- Any players not selected on to the AA teams will move on to the evaluations for the Non-rep teams.
- All 9U-18U Non-rep evaluations will be completed in the format as decided on by the Association. Depending on the total number of registrants and if multiple teams can be formed at any level, it is the CMBA directive to divide these teams up as evenly as possible. This will be completed by the CMBA Directors of those divisions in collaboration with the CMBA Board. Non-Rep coaches will not be involved in the formation of teams. The CMBA Board may allow exceptions during the roster selection period if they warrant it (eg. siblings, travel issues, etc.).

#### Roster Selection Process – Evaluated vs Coach Picks

This policy is applicable to the 11U, 13U, 15U and 18U divisions at the Representative levels. The total number of player spots on each team will be determined by the CMBA Board in collaboration with the Head Coach prior to the formation of teams. Factors such as registration numbers and player evaluations will be taken into consideration. AAA and AA teams must carry a minimum of 11 players and a maximum as set out by league governing bodies. CMBA has predetermined that "Locked In"

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spots on each team will be based on final evaluation numbers. The remaining spots on each team will be considered "Coach Picks", whereby the Head Coach will have the ability to select from a group of remaining players. All "Coach Picks" will be presented and justified to the Divisional Director for final approval. In the event of extenuating circumstances whereas an exception to the below rules may be in the best interest of either a player or coach, the CMBA Board will review on a case by case basis and the boards decision will be final.

- Rosters of 11 or more players will require 5 players to be selected (Locked In) by the independent evaluators based on the evaluation process and rankings. The remaining roster spots will be selected by the Head Coach (Coach Picks) from the remaining players.

Representative players must play on the team they are selected to. If the player refuses to do so, that player will be assigned to play on a team in the Non-rep Division. In the case a family has two players playing in the same age division and one player evaluates or is selected to the higher-level team, and the other for the lower-level team, the parent can request that the siblings play together on the lower-level team only.

If a parent would like to request a formal discussion/explanation regarding their child's placement, they may submit a written request to the Vice President of CMBA (these discussions are <u>not</u> to be had directly with coaches). If the VP feels it warrants a discussion, he/she will forward the request to the Divisional Director and the Director will then contact the parents to discuss the concerns. The CMBA board will not disclose or release any evaluation scoring on any child to parents, nor will there be any discussions regarding the placement of any other child on the team.

#### **Team Names:**

- AAA Teams will solely be named the "Camrose Cougars".
- The top AA teams will be named "Camrose Cougars Royal". Second AA teams will be named "Camrose Cougars Red" and Third AA Teams will be named "Camrose Cougars White".
- All 11U-18U Non-rep teams will be named the Camrose Cougars1, Camrose Cougars2, etc.
- 9U teams will be named in accordance with their Jersey Colors
  - Solid Blues will be the "Blue Jays"
  - Solid Burgundy will be the "Phillies"
  - Green & White will be the "Athletics"
  - o Blue & White will be the "Royals"
  - o Red & White will be the "Angels"
  - Solid Blacks will be the "Yankees"
  - Solid Reds will be the "Reds"

Note: Final decisions relating to all aspects of the player evaluation and team selection process lies with the CMBA Board. Any and all rulings will be based on the best interests of the Association and the individual athlete. All CMBA Board Decisions are Final.

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# **Player Skills Assessment**

Division:	Evaluator:	Date:
	Evaluator	Date

No.	Attributes	Infielding	Infield Throwing	Hitting	Pitcher	Comments
		Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5		Mechanics 1 2 3 4 5	
	Throws: R / L	Range 1 2 3 4 5	Arm Strength 1 2 3 4 5	Mechanics 1 2 3 4 5	Velocity 1 2 3 4 5	
	Bats: R / L	Catching 1 2 3 4 5	Accuracy 1 2 3 4 5	Power 1 2 3 4 5	Accuracy 1 2 3 4 5	
		Outfielding	Outfield Throwing	Contact 1 2 3 4 5	Catcher	
	Foot Speed	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5		Mechanics 1 2 3 4 5	
	Home-1B:	Range 1 2 3 4 5	Arm Strength 1 2 3 4 5		Arm Strength 1 2 3 4 5	
	1B-3B:	Catching 1 2 3 4 5	Accuracy 1 2 3 4 5		Accuracy 1 2 3 4 5	ie: Attitude/Focus/Hustle
No.	Attributes	Infielding	Infield Throwing	Hitting	Pitcher	Comments
		Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5		Mechanics 1 2 3 4 5	
	Throws: R / L	Range 1 2 3 4 5	Arm Strength 1 2 3 4 5	Mechanics 1 2 3 4 5	Velocity 1 2 3 4 5	
	Bats: R / L	Catching 1 2 3 4 5	Accuracy 1 2 3 4 5	Power 1 2 3 4 5	Accuracy 1 2 3 4 5	
		Outfielding	Outfield Throwing	Contact 1 2 3 4 5	Catcher	
	Foot Speed	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5		Mechanics 1 2 3 4 5	
	Home-1B:	Range 1 2 3 4 5	Arm Strength 1 2 3 4 5		Arm Strength 1 2 3 4 5	
	1B-3B:	Catching 1 2 3 4 5	Accuracy 1 2 3 4 5		Accuracy 1 2 3 4 5	Attitude/Focus/Hustle
No.	Attributes	Infielding	Infield Throwing	Hitting	Pitcher	Comments
No.	Attributes		Infield Throwing  Mechanics 1 2 3 4 5		Pitcher  Mechanics 1 2 3 4 5	Comments
No.	Attributes Throws: R / L	Mechanics 1 2 3 4 5		Ū	Mechanics 1 2 3 4 5	Comments
No.		Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5 Arm Strength 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5 Velocity 1 2 3 4 5	Comments
No.	Throws: R / L	Mechanics 1 2 3 4 5 Range 1 2 3 4 5	Mechanics 1 2 3 4 5 Arm Strength 1 2 3 4 5	Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5	Comments
No.	Throws: R / L	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5 Outfielding	Mechanics 1 2 3 4 5  Arm Strength 1 2 3 4 5  Accuracy 1 2 3 4 5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5	Comments
No.	Throws: R / L Bats: R / L	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5	Mechanics 1 2 3 4 5  Arm Strength 1 2 3 4 5  Accuracy 1 2 3 4 5  Outfield Throwing	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5    Catcher	Comments
No.	Throws: R / L Bats: R / L Foot Speed	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5	Comments  Attitude/Focus/Hustle
No.	Throws: R / L Bats: R / L Foot Speed Home-1B:	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5	
	Throws: R / L Bats: R / L Foot Speed Home-1B: 1B-3B:	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Infielding	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5	Attitude/Focus/Hustle
	Throws: R / L Bats: R / L Foot Speed Home-1B: 1B-3B:	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Infielding  Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5         Accuracy       1       2       3       4       5         Pitcher         Mechanics       1       2       3       4       5	Attitude/Focus/Hustle
	Throws: R / L Bats: R / L Foot Speed Home-1B: 1B-3B: Attributes	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Infielding  Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Infield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5  Hitting  Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5         Mechanics       1       2       3       4       5         Accuracy       1       2       3       4       5         Pitcher         Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5	Attitude/Focus/Hustle
	Throws: R / L Bats: R / L  Foot Speed Home-1B: 1B-3B:  Attributes  Throws: R / L	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5 Catching 1 2 3 4 5  Infielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Range 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Arm Strength       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Accuracy       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5  Hitting  Mechanics 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Wechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5	Attitude/Focus/Hustle
	Throws: R / L Bats: R / L  Foot Speed Home-1B: 1B-3B:  Attributes  Throws: R / L	Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Outfielding  Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5  Infielding  Mechanics 1 2 3 4 5 Catching 1 2 3 4 5 Range 1 2 3 4 5 Catching 1 2 3 4 5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Arm Strength       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Accuracy       1       2       3       4       5	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5  Hitting  Mechanics 1 2 3 4 5 Power 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Catcher         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Wechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5	Attitude/Focus/Hustle
	Throws: R / L Bats: R / L  Foot Speed Home-1B: 1B-3B:  Attributes  Throws: R / L Bats: R / L	Mechanics       1       2       3       4       5         Range       1       2       3       4       5         Catching       1       2       3       4       5         Mechanics       1       2       3       4       5         Catching       1       2       3       4       5         Infielding         Mechanics       1       2       3       4       5         Catching       1       2       3       4       5         Outfielding         Mechanics       1       2       3       4       5	Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Outfield Throwing         Mechanics       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Arm Strength       1       2       3       4       5         Arm Strength       1       2       3       4       5         Accuracy       1       2       3       4       5         Outfield Throwing	Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5  Hitting  Mechanics 1 2 3 4 5 Power 1 2 3 4 5	Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Catcuracy       1       2       3       4       5         Mechanics       1       2       3       4       5         Accuracy       1       2       3       4       5         Pitcher         Mechanics       1       2       3       4       5         Velocity       1       2       3       4       5         Accuracy       1       2       3       4       5         Catcuracy       1       2       3       4       5	Attitude/Focus/Hustle

## CAMROSE MINOR BALL ASSOCIATION – PLAYER TRYOUT/EVALUATION FORMATTING

# **90-minute Tryout/Evaluation Generic Format** (this format is the minimum requirements for player assessments) **Used for Rep & Non-Rep 11U – 18U Evaluations**

TIME – 90min.	ACTIVITY
8 min	Get loose – play catch with partner to get arms loose
0:08	
2 min	<b>Opening remarks</b> – by evaluation coordinators, coach and/or tryout coach or divisional director.
0:10	Explain format of tryouts, how players will be evaluated, and importance of behavior, hustle and
	good attitude.
10 min	Warmups – jog around entire field, dynamic stretches
0:20	
5 min	Divide into groups for stations / take water break
0:25	
	Infield skills –
	- give player 3 balls per turn (dependent on number of players in station)
	- option #1 - start with one in the center and then move the players right and left in subsequent
	throws (can do this in a cross-field pattern SS to home & 2 <sup>nd</sup> to home - 2 lines running simultaneously)
	- option #2 – Have players lineup in a 3 <sup>rd</sup> base/SS positioning to take grounders and make throws to
60 min (divide	simulate a play to a coach at 1 <sup>st</sup> base
station time	Outfield skills –
evenly)	- give player 3 balls per turn (dependent on number of players in station)
1:25	- option #1 - start in the center with subsequent throws moving players in and out and side to side
	- option #2 – setup cones and have players run pattern to match cones for catching flyballs
	- option #3 – run a quarterback drill especially for higher levels of players
	Hitting skills – Keep kids organized and on task
	- 12-15 pitches per hitter (either front toss or overhand throw – evaluators/coaches discretion)
	- extra hitters should be hitting off of the tees
5 min	<b>Thank you</b> - thank all players for attending the tryouts. On last day let them know when a decision will be made regarding who makes the team and how they will be
1:30	informed.
	<b>Pitchers &amp; Catchers</b> – Any player that would like to be considered as a pitcher or catcher should evaluate for such.
	- Have pitchers throw approximately 10-15 pitches.
Additional	- Any players waiting should play catch to keep arm loose.
Evaluation	- Catchers should catch at least two pitcher bullpens.
Criteria	Base Running skills - Lineup players at home plate. Time players on their ability to go
	from the batter's box to 1B. Afterwards, have them run from home to 2B. Allow them to
	overrun 2B as you don't want them to slide into 2B. Use a stopwatch to time players.

This is a standard evaluation format used by CMBA for evaluations. However, this may be altered by the evaluation committee or selected coaches if needed in collaboration with the CMBA board during the process.

## CAMROSE MINOR BALL ASSOCIATION – PLAYER TRYOUT/EVALUATION FORMATTING

# **60-minute Tryout/Evaluation Generic Format** (this format is the minimum requirements for player assessments) **Used for Non-Rep 9U – Evaluations**

TIME – 60min.	ACTIVITY
8 min 0:08	Get loose – play catch with partner to get arms loose
2 min 0:10	<b>Opening remarks</b> – by evaluation coordinators, coach and/or tryout coach or divisional director. Explain format of tryouts, how players will be evaluated, and importance of behavior, hustle and good attitude.
2 min 0:12	Warmups – jog around entire field, dynamic stretches
3 min 0:15	Divide into groups for stations / take water break
45 min (divide station time evenly) 1:00	Infield skills — - give player 3 balls per turn (dependent on number of players in station) - option #1 - start with one in the center and then move the players right and left in subsequent throws  Outfield skills — - give player 3 balls per turn (dependent on number of players in station) - option #1 - start in the center with subsequent throws moving players in and out and side to side - option #2 — setup cones and have players run pattern to match cones for catching flyballs - option #3 — run a quarterback drill especially for higher levels of players  Hitting skills — Keep kids organized and on task - 12-15 pitches per hitter (either front toss or overhand throw — evaluators/coaches discretion) - extra hitters should be hitting off of the tees
0 min 1:00	Thank you - thank all players for attending the evaluations.

This is a standard evaluation format used by CMBA for evaluations. However, this may be altered by the evaluation committee or selected coaches if needed in collaboration with the CMBA board during the process.