



## Schedule for CMBA AA Tryouts for 2023 Season

(Groups consist of max 16-20 athletes split into 2 groups)



### Tryout/Evaluation FORMAT

(Please ensure you are arriving 15 minutes prior to your tryout times for check in)

**Parents will not be permitted to stay in the facility during the tryout/evaluation sessions**

**You must make a minimum of 2 out of 3 or 4 assigned time slots for you to be considered for appointment to a team.**

**If for some circumstance this is not possible, please contact CMBA to make other arrangements.**

**The cost of tryouts is \$100 which can be etransferred to [treasurer@camroseball.com](mailto:treasurer@camroseball.com) or can be paid cash at registration**

- Stage 1 – Camrose Community Centre – Outfielding / Hitting on March 18 & 19<sup>th</sup>
- Stage 2 – Wetaskiwin Drill Hall – Infielding / Pitching & Catching on March 24, 25 & 26<sup>th</sup>
- Tryouts will consist of 75-minute Sessions. (Some sessions will run 2 hours due to facility availability issues)
- Parents can accompany their child for the registration process
- To register please go to the online Google registration form and fill in all required information [2023 CMBA AA Tryout Registration Form](#) and please [click here to fill out the online waiver](#) which will need to be filled out prior to attending the tryouts or CMBA will not allow participation
- There will be a quick 5-10 minute parent meeting prior to the first session for every group held by the AA Director. Please have any questions ready at this time.
- Athletes must come dressed and with full water bottles and indoor shoes
- Athletes will be given numbers (stickers) for their tryout session
- We will do our best to ensure to provide a healthy and safe environment for your child during the tryout process

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. *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.* 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.

If you have any questions or concerns, please contact one of the following Board Members

Clint Mitchell – CMBA AA Director

[aadirector@camroseball.com](mailto:aadirector@camroseball.com)

(780) 781-5272

Ryan Foss – CMBA President

[president@camroseball.com](mailto:president@camroseball.com)

(780) 385-1941

**Stage 1 – Camrose Community Centre – Outfielding / Hitting**

**75-minute Tryout Format (Sessions that at 2 hours will have players go through all stages 3-4 times)**

- 5-minutes - Players put equipment along wall (3m apart)/get to group for debriefing
- 20-minute Warmup
  - o 2-minute debriefing
  - o 8-minute Jog/Dynamic Stretches
  - o 10-minute Playing Catch (in designated groups/area's)
- 10-minute time trials (1<sup>st</sup>-3<sup>rd</sup> x 2 runs)
- 2 min drink Break / 8-minute Hitting (eg-A) & Outfielding(eg-B)
- 2 min drink break / 8-minute Hitting (eg-B) & Outfielding(eg-A)
- 2 min drink Break / 8-minute Hitting (eg-A) & Outfielding(eg-B)
- 2 min drink break / 8-minute Hitting (eg-B) & Outfielding(eg-A)

Saturday, March 18, 2023 – Camrose Field House (Batting / Outfield)			
Start	Finish	Division	Group
8:00 AM	8:30 AM	Setup	
8:30 AM	10:30 AM	13U AA	G1 (A&B)
10:45 AM	12:45 PM	13U AA	G2 (C&D)
12:45 PM	1:15 PM	Lunch Break	
1:15 PM	2:30 PM	11U AA	G1 (A&B)
2:45 PM	4:00 PM	11U AA	G2 (C&D)
4:15 PM	6:15 PM	15U AA	G1 (A&B)
6:30 PM	8:30 PM	18U AA	G1 (A&B)
8:45 PM	9:45 PM	15/18U AA Overflow	
9:45 PM	10:00 PM	Clean Up	

Sunday, March 19, 2023 – Camrose Field House (Batting / Outfield)			
Start	Finish	Division	Group
8:00 AM	8:30 AM	Setup	
8:30 AM	10:00 AM	11U AA	G1 (A&B)
10:15 AM	11:45 AM	11U AA	G2 (C&D)
11:45 PM	12:00 PM	Clean Up	

**Stage 2 – Wetaskiwin Drill Hall – Infielding / Pitching & Catching**

**75-minute Tryout Format (Sessions that at 1.5 hours will have players go through all stages 3 times)**

- 5-minutes - Players put equipment along wall get to group for debriefing
- 20-minute Warmup
  - o 2-minute debriefing
  - o 8-minute Jog/Dynamic Stretches
  - o 10-minute Playing Catch (in designated groups/area's)
- 2 min drink Break / 13-minute In-fielding(eg-A) & Pitching/Catching(eg-B)
- 2 min drink break / 13-minute In-fielding(eg-B) & Pitching/Catching(eg-A)
- 2 min drink Break / 8-minute In-fielding(eg-A) & Pitching/Catching(eg-B)
- 2 min drink break / 8-minute In-fielding(eg-B) & Pitching/Catching(eg-A)

Friday March 24, 2023 - Wetaskiwin Drill Hall (Pitching / Catching / Infielding)			
Start	Finish	Division	Group
5:00 PM	5:30 PM	Set Up	
5:30 PM	7:00 PM	15U AA	G1 (A&B)
7:15 PM	8:45 PM	18U AA	G1 (A&B)
8:45 PM	9:00 PM	Clean Up	
Saturday March 25, 2023 - Wetaskiwin Drill Hall (Pitching / Catching / Infielding)			
Start	Finish	Division	Group
8:00 AM	8:30 AM	Setup	
8:30 AM	9:45 AM	11U AA	G1 (A&B)
10:00 AM	11:15 AM	11U AA	G2 (C&D)
11:30 AM	12:45 PM	13U AA	G1 (A&B)
12:45 PM	1:15 PM	Lunch Break	
1:15 PM	2:30 PM	13U AA	G2 (C&D)
2:45 PM	4:00 PM	15U AA	G1 (A&B)
4:15 PM	5:30 PM	18U AA	G1 (A&B)
5:45 PM	6:45 PM	15U AA Overflow	
6:45 PM	7:00 PM	Clean Up	
Sunday, March 26, 2023 - Wetaskiwin Drill Hall (Pitching / Catching / Infielding)			
Start	Finish	Division	Group
8:00 AM	8:30 AM	Setup	
8:30 AM	9:45 AM	11U AA	G1 (A&B)
10:00 AM	11:15 AM	11U AA	G2 (C&D)
11:30 AM	12:45 PM	13U AA	G1 (A&B)
12:45 PM	1:15 PM	Lunch Break	
1:15 PM	2:30 PM	13U AA	G2 (C&D)
2:45 PM	4:00 PM	15U AA	G1 (A&B)
4:15 PM	5:30 PM	18U AA	G1 (A&B)
5:45 PM	6:45 PM	18U AA Over flow	
6:45 PM	7:00 PM	Clean Up	