

Cloverdale College Prep and Midget Baseball - Fall Ball 2019

Hi Everyone,

The start of Fall Ball is around the corner, which means the start of a new season!

Fall ball will last 6-8 weeks, starting September 3rd and will finish middle to late October. For training sessions, we will be going 3-4 days a week, with 2-3 days during the week and one day on the weekend. The purpose of fall ball is to build a strong foundation for the following season, continuing to play and learn new skills that will help you for the next season.

Fall ball is a great way for players to continue learning the game as well as keep in baseball shape come the springtime. Training sessions will include batting practice, position specific defensive drills, bullpen sessions for pitchers and arm strengthening exercises. As well, we will have close to 10-15 exhibition games, including 2-3 tournaments, which will allow each athlete to show their skills in game scenarios.

These sessions are open to anyone who is interested in playing U18 baseball next year for Cloverdale. I encourage all players to come out to these sessions and should expect to be there for the majority of practices and games. Fall ball is the initial start of evaluating talent for both College Prep and Midget. This will be another opportunity for the coaching staff to evaluate and ultimately help make our final roster come the spring. Depending on the turnout, we may go into separate sessions to get more reps and more 1-1 times with the coaching staff.

As mentioned before, training sessions will last 6-8 weeks and will run from September to the middle to end of October, depending on the weather and the field conditions. The total cost for fall ball will be \$250 per player. Players will receive a Cloverdale tee and hat. All practices will be at Hillcrest Park with exhibition games being played across the lower mainland.

Winter Training Sessions will begin after Fall Ball has completed, we will take a few weeks off and then start training.

More information will be provided during the Fall Ball Season.

If you have any questions, please let me know.

I look forward to seeing you all in the September on the field!

Bob Foerster
Manager - College Prep
Cloverdale Nationals