Try Out Rubric (what will be assessed)

Character

☐ No Grade or Behavior Issues
  ➢ Grade issue means you were academically ineligible at some point during the past school year
  ➢ Behavior issue means you had a code violation and/or police citation during the past school year

☐ made every try out on time (or took appropriate measures to get excused) ____________________________

☐ showed a great attitude during tryouts (hustled & let your actions, not words, do the talking) _______

Hitting

☐ proper hand set up – knuckles lined up and loose (to ensure snap/plate coverage) ____________________________

☐ proper set up position – at top of swing path (to ensure line drives) ____________________________

☐ ability to stack (not casting/shaft on shoulder – leads w/hands does not try to hit with barrel) _______

☐ proper rotation/finish (hips, back foot & hands - V, finish) ____________________________

☐ good production (overall hit the ball well bat exit speed appropriate for level) ____________________________

Fielding

☐ fluidity when fielding (naturally and smoothly gets to the ball and naturally and smoothly transitions into the throw without taking false steps) ____________________________

☐ soft hands (fields with both hands when appropriate, attacks ball does not wait on ball) _______

☐ accurate throws (must be on target and on a line – ball should not lose velocity) ____________________________

☐ minimal or no fielding errors ____________________________

☐ position POP time is sufficient and/or shows efficiency when throwing (ball not a lollipop) _______

Base running

☐ speed (adequate for level) ____________________________

☐ mindset (cautiously aggressive – Not cavalier, overly cautious, or unmindful) ____________________________

☐ savvy (sense of what to do and when to do it – understands situations) ____________________________

☐ angle (understands how to create a good angle to the next base) ____________________________

☐ hustle (especially in times of frustration) ____________________________

Core Test 3 points

☐ Consistently attended off season strength &conditioning program and/or responsibly reported whereabouts to SAS Coach ____________________________

☐ Made entire 3 minutes of Core Test ____________________________