**East Cary Middle School**

**2017 Softball Tryout Information**

The East Cary Middle School Softball Team is a team of devoted student-athletes who take pride in their school and are willing to put forth their maximum effort in both the classroom and on the softball field. Wearing an East Cary Middle School softball uniform is a privilege that carries many responsibilities and rewards.

**Athletic Paperwork**

You may attend tryouts *only* after completing and submitting the WCPSS Middle School Athletic Participation Packet. This year the packet consists of 2 different forms: **1)** Middle School Athletic Participation form **2)** Physical Examination. You can pick this packet up from Mr. Vidalis. When you have completed the WCPSS Middle School Athletic Participation Packet, you are responsible for returning it to only Mr. Vidalis.

**Softball Tryout Schedule**

Tryouts for the 2017 East Cary Softball Team will be on **February 13th and 15th from 2:30-4:00**. You **must** attend both days for the full time unless you have made specific arrangements in advance with the coach. **The softball team will be announced on Mrs. Delamar’s website (**[**http://mrsdelamar.weebly.com**](http://mrsdelamar.weebly.com)**) by 8:00pm Wednesday, February 15th.**

**What to Wear**

Wear comfortable workout clothing: t-shirt, sweatshirt, sweatpants, shorts, socks and shoes or cleats. Do not bring jewelry (including earrings) onto the field.

\*\*You may want to bring a water bottle.

**Tryout Criteria**

The tryout staff will be looking for athletes who have a great work ethic and want to learn to be better players and teammates. Prospective student-athletes will be evaluated on their overall athletic ability, positive attitude and softball skills. Tryout staff will apply the following criteria:

* **Attitude**: Players who are positive, competitive, and eager to learn. We will be looking for players who demonstrate strong leadership skills.
* **Athletic ability**: Players with the ability to learn and perform complex skills.
* **Softball Skills**: Players that show skills in fielding, hitting and throwing.

**What to Expect at Tryouts**

* **Work hard**: You will be asked to perform all drills at full speed. You will need to give it all you got!!
* **Skill Introduction**: Prospective student-athletes will be taught the basics of the softball including hitting, fielding and throwing.
* **Attitude Evaluation**: Prospective athletes should be willing to try hard, make mistakes, learn from those mistakes, and keep trying. Tryout staff will take note of those players who demonstrate progress while learning new skills.

**How to Impress the Coach**

* Be among the first to arrive.
* Be among the first to line up for stretching and drills.
* Be attentive.
* **Be loud.**

**Time Commitment for Selected Players**

Building a successful team requires a commitment of everyone’s time. Practices will begin on Monday, February 20th. As a member of the ECMS softball team, you are expected to attend every practice (2:30-4:00) Monday –Thursday, and every game **(even during track out)**. **If you already have a vacation planned during track out, you must inform your coach during tryouts.** Games will be held on Mondays and Thursdays.

If you have any questions about anything, please email Mrs. Delamar : [kdelamar@wcpss.net](mailto:kdelamar@wcpss.net)

Looking forward to a great season!!!!

Mrs. Kristy Delamar

[kdelamar@wcpss.net](mailto:kdelamar@wcpss.net)

ECMS Softball Coach 2017