

Lobo Fall Baseball

2023 INFORMATION

18u and 16u – We will have two teams (18u and 16u) this fall. We will have a practice/tryout August 9th at 9:00 am to get organized and see who we have for Fall. If you played for us last spring or summer, you have a spot on one of the teams, we will just need to figure out which team you will be playing on etc. I am sure we will be floating some of our guys between the two teams.

Tryouts – If you are NEW to Rocky program, and interested in fall ball and in grades 9-12, we will use this practice as a tryout for Fall. 8th graders will tryout Aug 13 at 1:00 pm.

Schedule – I am working on the schedule now and will get that out ASAP. We will stay local with both teams and not travel this fall to Albuquerque or Atlanta. We will play at home, as much as possible, but there could be a little local travel in NOCO or possibly the Denver area. We will take some weekends off. 18u will play some Wednesday night games vs. CSU Club (9/20, 10/4, 10/11). Our first weekend will be Aug 25-27, 18u is already scheduled for the UNC Tourney. Not sure yet with 16u.

Focus – Less games and tournaments, more focus on development. We are a young program as far as varsity experience and I feel like this will be the best route to get us ready for the spring.

Costs – I will have to see how many players we have but my hopes for Fall Ball is to be around 500.00.

Expectations – I really would like to have all our guys that are not playing a fall sport participate as much as they can in the fall.

Football and Other Fall Sport Athletes – If you want to play with us and play another fall sport, that is fine. Just make sure you talk to your coach and clear it with them. I know your commitment will be less and it is NOT our expectation you play. I have had a few Football players ask about playing some, and coach Underwood and I would rather you play with Rocky

than another club team. However, if you just want to focus on your fall sport, that is great, and I am all for it! Fall sport guys will be weekend only and when they don't have commitments from their fall coaches. Your Fall High School sport will be your priority, baseball will be secondary. Example – Come out on the weekend and get a few reps and have fun.

Practice – Practices will be small group workouts during the week. We will have to work around football practice and lower-level softball (using our JV field and cages this fall) but we will be able to get work in and have space, we will just have to be creative about it. They have already put up the softball fence on our JV field and it will actually help us get some work in when they are not using it and stay out of footballs way.

Weights – We will lift Tuesday and Thursday mornings at 6:30 am. We will also have a few Saturday workouts (primarily arm care) when we can. Weights will start August 22nd. We will stay with Tues-Thurs until fall ball is over and then move to M-W-F.