



COTTONWOOD HIGH SCHOOL SOFTBALL TRYOUT INFORMATION



Softball Tryouts will start Monday March 2nd and will continue through Wednesday March 4th. Athletes are expected to attend all three days of tryouts and bring proper equipment and attire.

Included in this packet are: the tryout checklist, physical form, drug testing consent form, fall and winter workout calendar, and the 2009 softball schedule. Athletes must have all of these forms completed as well as a copy of their 2nd quarter report card *BEFORE* they will be allowed to tryout.

Important: Students who have not filled out the necessary forms and/or are academically ineligible (GPA must be above a 2.0 and student can have no more than 1 F/NG/I) will not be allowed to tryout.

Fall conditioning and weight lifting will begin on Tuesday October 21 from 2:30-4:00pm and will continue every Tuesday and Thursday at the same time until December 18th.

Winter workouts will start on Monday January 5 and will continue every Monday (except holidays), Wednesday, and Thursday thereafter until tryouts. These workouts are suggested; times are listed on the calendar to follow.

It will cost approximately \$175-\$205 to participate in softball (\$40.00 participation fee and \$135.00 player pack (\$165 player pack with helmet)). Fundraising is a requirement and will be announced when the season begins.

Contact Information:

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