

# 2023 FALL BASEBALL KEY DATES

Our league is more than just accumulating points— we use this time to play games and further develop players. Competitive and 16 up Wood Bat League players are put through the same training used to get college and professional players ready for their season.

**Check out the three training circuits on the back of this page:**  
Hitting Circuits—Pitcher/Catcher Bullpens—Speed & Agility.

## ROOKIE DEVELOPMENT - Sundays Only

AUG 7	PLAYER REQUEST DEADLINE	AUG 20,27 <b>Sept. 3 off</b> , SEPT 10,17,24 OCT 1,8 SESSIONS BEGIN 4PM @ SZ ages 4-6 SESSIONS BEGIN 5PM @ SZ ages 7-9
AUG 12	REGISTRATION DEADLINE UNLESS FULL	
AUG 14	PARENT/PLAYER MEETING ONLINE TO VIEW	
		OCT 15      BIG GAME EVENT AT CBRC ALL PLAYERS

## COMPETITIVE LEAGUES

**AGE DIVISIONS AVAILABLE: 9/10 11/12 13/14 15/16**

## and 16 WOOD BAT LEAGUE

AUG 7	PLAYER REQUEST DEADLINE	AUG 20	TEAM PRACTICE DAYS: TBA
AUG 12	REGISTRATION DEADLINE	AUG 21	SPEED & AGILITY TRAINING Circuits: Aug. 21,28 Sept 11,18,25 5:30 PM: Ages 9-13 6:30 PM: Ages 14 UP
AUG 14	PARENT/PLAYER PACKET ONLINE TO VIEW	AUG 23	HITTING CIRCUITS START Circuits: Aug. 23,30 Sept 6,13,20,27 5:30 –7 PM: Ages 9-13 7:00 PM: Ages 14 UP
AUG 16	COACHES MEETING 5:30 PM-Ages 9-14 7:00 PM-Ages 14 UP	AUG 25	PITCHING BULLPENS START Circuits: Aug. 25 Sept 1,8,15,22,29 5:30 PM: Ages 14 UP 6:30 PM: Ages 9-13
AUG 16	HITTING SEMINAR 5:30 PM: Ages 9-13 7:00 PM: Ages 14 UP	<b>GAME DAYS:</b> Aug. 27, <b>Sept. 3 off</b> , Sept. 10,17,24 Oct 1 Make Up Games: (If needed) Oct. 8,15	
AUG 18	PITCHERS/CATCHERS SEMINAR 5:30 PM: Ages 14 UP 6:30 PM: Ages 9-13	OCT 22	ALL STAR GAME

**REGISTRATIONS AVAILABLE ONLINE AT [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com)**



# COMPETITIVE LEAGUE WEEKLY WORKOUTS

## WEEKLY HITTING CIRCUIT AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 23,30, Sept. 6,13,20,27

### HITTING CIRCUIT FORMAT

1. Players will check themselves in before starting circuit. Players will form a line outside of Tunnel Number 3, the starting point of the circuit.
2. Players will enter in pairs and go through each station with a partner.
3. Each station will last 2-3 minutes, a head coach will keep time and instruct when to switch and rotate.

### HITTING CIRCUIT RULES

1. Do not bring any equipment other than your bat
2. All players must check in and go through the circuit only within their designated times.
3. Players will be allowed to repeat the circuit ONE time, but must go to the end of the line.
4. Do not swing your bat unless it is your turn at the station.
5. Carry your bats with the barrels down while in line and rotating between stations.

## PITCHERS/CATCHERS FLAT GROUND WORK AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 25, Sept. 1,8,15,22,29

### FLAT GROUND FORMAT

1. Players will check themselves in before starting. You will circle the number in the column left of your name.
2. Players will read weekly goals and pitch limits before entering flat ground area (pitchers will never throw more than 40 pitches).
3. Players will stretch on their own before starting catch.
4. Players will go through a series of 5 stations working on all aspects of their game.
  - Once warmed up pitchers will start with 5 fastballs and then proceed to work on weekly goals.

### FLAT GROUND RULES

1. Do not bring any equipment other than your glove.
2. All players must check in and go through the circuit only within their designated times.
3. Catchers must wear their full gear.
4. Players may not exceed the pitch limits set forth by the head coach.
5. Players will rotate with every 5-10 pitches if there is a line of players.

## SPEED & AGILITY TRAINING AT STRIKE ZONE

**CIRCUIT DATES:** Aug. 21,28 Sept. 11,18,25

In the sport of baseball, power, speed and agility are essential characteristics for success. Players who possess these characteristics may be able to cover a larger portion of the field and react to specific situations while running on the base paths. We will conduct drills that are sports specific to the game of baseball and learn:

- Importance of speed/form running
- Acceleration and quick starts for baseball