

# FALL MEETING

## Important Information

TO: All Prospective South Baseball Players  
From: Coach Griesbaum  
Date: November 15, 2018

It is crucial that you begin to prepare yourselves now for tryouts in March. Conditioning week will begin March 4, and tryouts will begin March 11. You need to be in top physical condition as well as ready to “show your best stuff” during tryout week. All teams will be picked by the end of that week. What can you do now to prepare yourself?

1. Get stronger physically. Do strength training, agility work, and conditioning, as well as play other sports.  
The Boll Fitness Center is open every day after school, and/or go to the facility of your choice. It's a crucial component of your total skills package.  
**OUR TRAINING PROGRAM IS LISTED AND DESCRIBED IN DETAIL ON OUR WEBSITE: [www.gpsouthbaseball.com](http://www.gpsouthbaseball.com)**
2. Refine your skills. Go to camps, get individual instruction, go to the indoor facilities, i.e. Lakeside Baseball on Cadieux or the MAC Athletic Complex. Competition will be extremely tough at all levels. Attending college camps is the best way for you to get noticed by their staffs.
3. Pay attention to announcements and e-mail updates, as well as our website: [www.gpsouthbaseball.com](http://www.gpsouthbaseball.com) for further information. **Also, make sure we have your e-mail address. This is the main way we will communicate with you.** Mine is: [griesbd@gpschools.org](mailto:griesbd@gpschools.org)
4. There will be opportunities to hit at South on Saturdays in January and February. You will receive periodic reminders of this as well as other winter baseball opportunities, such as pitching in the Main Gym balcony, etc.
5. Remember, you're going to be a good person and a good student BEFORE you'll be a South baseball player. Get to class on time, behave yourselves, do your work to the best of your ability, and abide by the Code of Conduct. Violations of the above will eliminate you from consideration quicker than anything else.  
**BE PHYSICALLY, MENTALLY, AND MORALLY FIT!**

If you or your parents have any questions, contact me at the above e-mail address, or call me at: 313-347-3672.