



Oshkosh West Baseball

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Dear _____,

As a potential candidate for the Wildcat baseball program, I am sending you this letter as both informational and motivational. Hopefully, you have already begun preparation for the 2007 baseball season. I commend those of you who have, but some of you have not! The program's success lies in the dedication, commitment, and hard work of not only the players, but the coaches as well. The coaching staff will be prepared physically and mentally, and I hope you will be also.

I have been and will be monitoring your grades, attendance, and behavior in your classes. Remember, **school** comes first and athletics second. Both of these should come before a job if you have one.

I am looking forward to a very good year, but we will need everyone healthy and eligible to be successful. **Do not** break the training rules or code of conduct for athletes. Those that do hurt not only themselves, but their families, teammates, school, and coaches as well. I will not turn my head to violations as others you know may be doing. The baseball program's integrity and my own come before any player.

Depending on the number of players trying out this spring, cuts may have to be made. I will keep who the coaching staff thinks are the best players who will represent and improve the program both on and off the field. Grades, attendance, behavior, off-season conditioning, and overall support of the baseball program, as well as skill, will be part of the criteria for selection.

Spring training starts **Monday, March 19** for all freshmen through senior candidates. Practice times will vary -- you will be given a schedule. Fitness testing will be done the first few days, and I expect **all** potential players to be in excellent condition both physically and mentally. See me if you need a schedule before practice starts. Plan to take your ACT/SAT tests and make your college visits before the season starts when possible. We have a doubleheader on April 9!

Spring break is Friday, April 6 - Sunday, April 15. There are **four** games scheduled over Spring Break, plus we will practice. The non-conference game against Wausau West will be played at Fox Cities Stadium on April 11. See me ASAP if you have any questions or conflicts! You are expected to attend **all** practices and games during the full season, including Spring Break.

Off-season conditioning and weight-training are very important if you want to be successful. The West weight room is open Monday through Friday at 6:00 am and 2:45 PM. Conditioning includes jogging, sprinting, rope-jumping, swinging bats, arm/shoulder exercises with elastic tubing, and other baseball-specific drills. These can be done at school, home, or another facility. There are other facilities/programs that are available for baseball conditioning. You may use the school hallways for running/conditioning, but **do not** start until after 3:15, **do not** interrupt other sports' practices, **do not** make unnecessary noise, and **do not** spit on the floors or fool around while using any school facilities.

"Luck is the residue of design."

Branch Rickey



New styled hats may be purchased for \$15 each this year. Spirit Packs (shorts, t-shirt, pullovers and sweatshirts) will also be available for purchase. Before you buy any new equipment (shoes, gloves, etc.), see me about any discounts that may be available. A representative from Impact Sports and Wisconsin Sports will be here in March to sell spikes, bats and batting gloves to any interested players!

Players who are currently participating in a winter sport must remember that commitment to the in-season sport comes first, but others who want to make an impact in baseball...many have already started preparing for the season. If you have not done so yet, **get started!** Open gyms for hitting will start soon in the new gym (Sunday nights at 7:30), and in late January in the upper gym batting cages. Open gym schedules are posted in the O-Room baseball window, weight room and on the web site. Be sure to check off your name in the weight room grade book when you work out (listed under baseball). Throwing can be started whenever you want in the morning or when a gym (upper/lower) is not being used by a winter sport. Please use an indoor/soft baseball in gyms.

If any problems, questions, or concerns arise about anything, feel free to come and talk to me anytime. I will try my best to help. Coach Morrison (Room G-10) and I have several baseball books, magazines, videotapes, and handouts available for your use. See us if interested. Check out the web sites --

FVA Conference Site = www.fvaathletics.org

Wildcats Baseball Site = www.fvaathletics.org/baseball/wildcats

Wisconsin Baseball Coaches Association Site = www.baseballwisconsin.com

Some selected Wildcat baseball players have received, or will receive, letters and/or phone calls from college baseball coaches, recruiting services, or pro scouts. If you have questions, please do not hesitate to confer with me. I would like to see more Oshkosh West grads go on to school and play baseball. The opportunity is there for some of you, but you must decide to do the work that is necessary to compete at higher levels! See Coach Gerharz for winter camp brochures.

If you need a **physical** or to attend an **athletic code meeting**, do not procrastinate! You must attend a code meeting each year with a parent. If you are unsure about any of these, see me right away! The only scheduled Spring Athletic Code Meeting is Monday, March 5th at 5:45 p.m. in the F Room.

Reminder: The coach/parent/athlete pre-season meeting for baseball is at 6:00 p.m. on Tuesday March 20th in the old gym. This meeting is **mandatory** for parent and athlete to attend. This meeting will only be offered once! A variety of issues will be discussed. Make sure your parents mark down this date!

The pre-season informational meeting for **players only** is Wednesday, March 14th from 2:45 – 4:30 p.m. in the Little Theatre (Room C-29).

Sincerely,

Coach Gerharz
Head Baseball Coach