

COMMUNITY COLLEGE SOPHOMORE WORKOUT

Saturday, October 1, 2011

Faulkner University - Montgomery

8:00 - 9:00 a.m.: Players check-in

9:30: Warm-up and stretch the players, then begin the workout

The order of the workout: Players will be timed in the 60, Pitchers throw in the pen, take on-field BP, players throw from their positions.

Players will be pre-registered, so the workout will begin by 9:30 a.m. I'll send the Alabama four-year College Coaches and Pro Scouts a roster of the players who are pre-registered at least 3 days ahead of time. *The roster will be sent to any other colleges outside the state upon request.* Please email me your request to: barrydean_alabca@bellsouth.net. Thank you.

College Coaches and Professional Scouts who are 2011 ALABCA Members are admitted free of charge. \$35 admission for College Coaches and Professional Scouts who are not 2011 ALABCA Members. Thank you for your support.