

**Alabama Baseball Coaches Association Tenth Annual
2009 Underclassman Regional Workouts (June 15-18) &
2009 All-Star Weekend of Instruction & Games (July 2 – 5) (Held at Troy University, Troy, AL.)**

2009 Points of emphasis: 1) Any AHSAA and AISA 2010, 2011 & 2012 student-athletes may attend either one of the four workouts in their half of the state for their convenience (not regionalized anymore), however they may attend only one workout. 2) If the student-athlete's head coach is not a 2009 ALABCA member it will cost him \$50 for the one-day workout, instead of \$25 if his coach is a member. School's who's head coaches are members will be listed on our web-site at the Underclassman link. 3) If a workout is rained out it will be held on the same day the following week (i.e.: The Lawson St. C.C. workout would be made up on Monday, June 22, if rained out on June 15). 4) **Players who pre-register will do so via PayPal, therefore eliminating the paperwork and payment through the mail. PayPal form will be available on our site by mid-April.**

For general Underclassman questions please contact Barry Dean: (205)837-7727 / barrydean_alabca@bellsouth.net

<u>Northern Workout Dates & Sites</u>		<u>Counties zoned for these workouts</u>
Monday, June 15	Lawson State C.C. (Birmingham)	Blount Calhoun, Cherokee, Clay, Cleburne, Colbert, Cullman, De Kalb, Etowah, Fayette, Franklin, Jackson, Jefferson, Lamar, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, Pickens, Randolph, Shelby, St. Clair, Talladega, Tuscaloosa, Walker, Winston
Tuesday, June 16	Gadsden State C.C. (Gadsden)	
Wednesday, June 17	Calhoun St. C.C. (Decatur)	
Thursday, June 18	N.W. Shoals C.C. (Muscle Shoals)	
<u>Southern Workout Dates & Sites</u>		<u>Counties zoned for these workouts</u>
Monday, June 15	Faulkner State C.C. (Bay Minette)	Autauga, Baldwin, Barbour, Bibb, Bullock, Butler, Chambers, Chilton, Choctaw, Clarke, Coffee, Conecuh, Coosa, Covington, Crenshaw, Dale, Dallas, Elmore, Escambia, Geneva, Greene, Hale, Henry, Houston, Lee, Lowndes, Macon, Marengo, Mobile, Montgomery, Monroe, Perry, Pike, Russell, Sumter, Tallapoosa, Washington, Wilcox
Tuesday, June 16	Enterprise-Ozark C.C. (Enterprise)	
Wednesday, June 17	Central Alabama C.C. (Alexander City)	
Thursday, June 18	Faulkner University (Montgomery)	

The All-Star Weekend Itinerary is posted on the web-site, www.alabca.org, click on Underclassman Event.

The All-Star Weekend begins Thursday, July 2, 6:30 p.m. at Troy University in Troy, AL. Players check-in from 3:00 – 5:00 p.m., Banquet and Academic Presentation for Players & Parents, 6:30 p.m. See “weekend itinerary” on this site for more weekend details.

Thursday, July 2 – Sunday, July 5: All-Star Weekend of Instruction and Games

What Players need to attend their regional workout: 1) Be a baseball player in the classes of 2010, 2011 or 2012 at an AHSAA or AISA school, 2) \$25 fee for players who's head coaches are 2009 ALABCA members / \$50 for players who's head coaches are not 2009 members of the ALABCA (Check our web-site at the underclassman link for who's a 2009 member). Players may pre-resister, and avoid standing in the on-site registration line, by going to www.alabca.org, click on underclassman event, then fill-out PayPal form. **PayPal Pre-registration forms must be submitted on-line by Friday, June 5.** *You may register on-site thereafter, and pay with cash or a cashiers check or money order (personal checks will not be accepted).*

Four teams of twenty players will be chosen from the all the northern workouts combined, and four teams of twenty players will be chosen from the four southern workouts combined. Teams will be chosen by Professional Scouts and Community College Coaches. The teams will be coached by Community College Coaches from around the state at the All-Star Weekend. Rain out dates for each workout will be held the following week on the same day (i.e.: If the Lawson St. C.C. workout is rained out on Monday, June 15, it will be made up on Monday, June 22. Please call Barry Dean (205)837-7727 (Northern Workouts), and Mike Murphree (256)777-5386 (Southern Workouts), only on the day of your workout, in case of inclement weather, to see if your workout will be postponed. Please call only on the day of your workout, and after 6 a.m. At each workout Players will be timed in the 60, throw from their positions, take eight cuts on the field, and pitchers will throw seven pitches in the bull pen. This is a pro-style workout.

To pre-register and avoid standing in a long on-site registration line, please go to www.alabca.org, click on underclassman event, then fill out the 2009 pre-registration PayPal form. The pre-registered player will still check-in on-site (arrive by 8 a.m.), yet this will be much quicker. Players who register on-site (arrive 7:30 – 8 a.m.) may pay with cash, cashiers check or money order (no personal checks will be accepted). Each workout will be completed when all the players are worked out (usually by 2 – 3 p.m.). Players will have time during the workout to get lunch on their own. Players should dress in baseball practice or game attire and bring their own equipment (clearly mark each item).