

* Revised: September 3, 2009

Alabama Baseball Coaches Association (ALABCA)
2009 Fall Community College Sophomore Workouts
October 3 (North) & 4 (South) – Faulkner University (Montgomery, AL.)
2009 Fall Community College Classic
October 6 (Tuesday) – October 9 (Friday), Paterson Field, Montgomery, AL.
October 10 (Saturday) Auburn University at Montgomery

ALABCA Community College Sophomore Workouts
North Teams - Saturday, October 3 & South Teams - Sunday, October 4
Faulkner University - Montgomery, Alabama

Saturday, October 3 - The Northern Community College Sophomore's:
Bevill-Fayette, Calhoun, Gadsden State, Jefferson State, Lawson State,
Marion Military, N.W. Shoals, Shelton State, Snead State, Wallace-Hanceville

Sunday, October 4 - The Southern Community College Sophomore's:
Alabama Southern, Bishop State, Central Alabama, Chattahoochee Valley, Enterprise-Ozark,
Faulkner State, Jefferson Davis, LBW, Southern Union, Wallace-Dothan, Wallace-Selma

- * Both workouts will be held at Faulkner University in Montgomery, Alabama
- * The players will check-in from 9:00 – 10:00 a.m. They'll stretch and throw shortly thereafter, then begin the workout.
- * Workout format and the order they will occur: Players will be timed in the 60, then throw from their positions. The Pitchers will throw seven pitches in the bull pen, then the hitters will get eight cuts apiece on the field.
- * Who will workout? All Alabama Community College Sophomores will be invited and urged to attend. Last fall (2008) approximately 120 players per day worked out.

There is a \$35 fee for College Coaches and Professional Scouts to attend either or both of the sophomore workouts. This fee also allows you free admission to the fall classic the following week. College Coaches and Professional Scouts, who are current 2009 ALABCA members, will be allowed free admission to the sophomore workouts and the fall classic.

The America's Best Inn, 5135 Carmichael Road, Montgomery, 36106 (just off the I-85/Eastern Bypass Exit), is the hotel sponsor of the fall classic. Ask for the Alabama Baseball Coaches Association Room Rate of \$50.
Hotel Contact: Mary Anne Teeter (334)270-9199/207-4569.

Please contact Barry Dean in Montgomery with any Sophomore Workout or Fall Classic questions: (334)676-0434