

Woodinville High School Baseball 2017

Information: The baseball website is a great way to keep updated on what's going on: whsbaseball.com. We also post updates on Twitter: [@WHSFalconBB](https://twitter.com/WHSFalconBB)

Sports Registration: Sports Registration is now open - registration is now all on-line. This can be found on the WHS athletic page. Please complete ASAP. Because of the high volume of registrations to review and approve and mid-winter break the week prior, registrations are due by **Monday, February 6**. Those registered by this date will be cleared first. Registrations will still be accepted after that date, but may not be approved for the first day of tryouts/practice.

Sprit Wear: Spirit wear information is on the baseball website. We will open spirit wear a second time once the teams have been decided. We wear blue cleats. Navy is preferred, but Royal is acceptable. Majority of the shoe should be blue.

Please note metal cleats are **NOT ALLOWED on Northshore fields anymore.

Weight Room/Hitting:

- The weight room is open **Tuesday, Wednesday, Friday 3pm-4pm**.
- Hitting at Northshore Sports Complex on **Monday** and **Thursday** from **3pm-4pm**.

These workouts are open to everyone and are non-mandatory.

Practice/Game Schedule: First official practice is **Monday, February 27th**. The first week we practice twice a day:

- 6:00am - 7:00am WHS Gym (this is non-mandatory for freshmen, but we do encourage to show if possible)
- 3:00pm - 6:00pm WHS Baseball Field mandatory for everyone (freshmen DO NOT get out of school early just arrive ASAP)

All 3 teams have practice and games over spring break and players are expected to attend.

Schedules for all teams can be found on kingcoathletics.com, but understand schedules can change.

Alan Dillman
adillman@nsd.org
206 498-8632