



**Long County High School
Blue Tide Baseball**

Today you will receive a schedule for the next 6 months. Two-on-one training will start November 7th and will run through January 20th. The two-on-one schedule will not be completed until November 2nd. On that day you can come by and see me for that schedule. Most players will be asked to be present 2-3 days per week.

Football players: You may take the week of November 7th through November 11th off to rest your body and get healthy. This is optional, if you want to come then please do, just make sure you come at your specified time.

Basketball Players: I expect to see you at least once a week, if not more. If you have early practice, then that would be a great time for you to come down to the Hitting Facility and get 30-45 minutes of hitting or throwing in before you go to Basketball. Because I can not hold you accountable for your baseball progress during basketball season, please, do your best to stay in baseball shape. That is up to you, playing 2 sports is a huge commitment but that is your choice. If you are going to excel on both the court and the field you must be willing to put in the extra time, and we are willing to work with you to make that happen!

Your attendance is of the most importance. Once we start regular team practice (January 30th) we will be implementing a new defensive play calling scheme that will take at least a week to learn. If you have not been coming to two-on-ones you will be very far behind and of no value to me or the Team at the Varsity level.

Please adhere to the following Two-on-One Rules:

- Please be 15 minutes early to your appointment. If you are pitching, be loose and ready to throw at your starting time.
- No Horseplay in the Locker-room if you waiting for your appointment time or ride.
- Excused Reasons to be late: Tutoring (must bring signed note from teacher) – **EVERYTHING** else is unexecuted (be responsible and bring your stuff with you).
- Excused Reasons to miss: Tutoring (must bring signed note the next day), Sick (doctor or parent note) or School Activity, **EVERYTHING** else is unexcused.
- 3 unexcused absences will result in removal from the 2 on 1 list.
- This schedule will run from November 7 to December 16.
- If you must miss an appointment, please tell Coach Thomas (do not tell Coach Rogers or Butler to tell me) the day of or before, Communication is key!

Remember: Two-on-one's are not required but if you are going to waste our time then I do not have to work with you.