

2023 Folsom Baseball Club Fall Ball

Important Information

Fall Ball is run through the Folsom Baseball Club (FBC) and is not a recognized sport at Folsom High School. We have a JV team and a Varsity team. Freshman players will be placed on one of these 2 teams.

Coaching Staff

Varsity – Coach Casteel – bcasteel@fcusd.org

Communication

Join FHS Fall Baseball Program on Remind – text @fhsfallbal to 81010

Practices & Games

Our season will run from August 21 through October 28.

Practices begin on August 21, and will be after school – Monday through Thursday unless we have a game scheduled.

Weight training: Tentatively we will have weight training on Monday and Wednesdays from 6:00 to 7:00 p.m. Start date TBD. Physicals: although physicals are not required for fall ball, they are required to participate in the weight-training program. Make sure everyone gets this completed and uploaded to the athletic clearance form on the school website.

Costs

Registration - All Players pay a \$100 fee to the FBC to cover the costs – equipment, umpires, maintenance, etc.

1. \$100.00 payable via Venmo or Check.
2. Venmo Payments are directed to: Bryan Iredell, President at Folsom Baseball Club:
Venmo ID: **@Bryan-Iredell** – QR code below.
 - Include player's name AND 2023 FHS Fall Baseball in the "What's this for" section.
3. Check payments must be made payable to Folsom Baseball Club.
 - Include player's name AND FHS FALL 2023 in the memo section*
4. Submit payment by August 22, 2023
5. In addition to payment, all players need to complete the FBC Waiver and return it to their coach by August 21, 2023. (See Attachment).

Bryan Iredell

@Bryan-Iredell



Uniforms – Order Form Attached

- New Players – See attached sheet for ordering the uniform, which consists of 2 shirts and a hat. Any baseball pants can be worn; white with blue piping and gray baseball pants are preferred.
- Returning Players - Do not need to purchase a uniform unless they need a replacement piece.

Athletic Booster Representative

Michelle Bowers (916) 201-8938

Email: fhbaseballrep2023@gmail.com

FHS Baseball Venmo Information: @FHSBaseball2023

FHS Baseball 23/24

@FHSBaseball2023



venmo

IMPORTANT DATES

August 14, 2023	Parent/Player Meeting	Library	4-5 p.m.
August 19, 2023	Field Preparation		9:00 a.m. to 1:00 p.m.
August 21, 2023	First Practice		
August 31, 2023	First Game v. Rio Americano	@Folsom	