



Dear Players and Parents/Guardians-

I'm excited to announce that our off-season baseball program begins on **Monday, September 16th**. This program is essential for maintaining conditioning and developing baseball skills as we prepare for the upcoming season. Consistent attendance is strongly encouraged.

Schedule

- **Mondays:** 2:50 PM - 4:30 PM
- **Wednesdays:** 4:00 PM - 5:30 PM
- **SELECT Saturdays:** 9:30 AM - 12:00 Noon
 - *Saturday workouts will be no more than 2x/month. **Our First Saturday workout will be on 9/21.** Future Saturday workout dates will be communicated out a minimum of 2 weeks in advance.*

Locations

- **Weekdays:** Tracy High School weight room and back grass field area
- **Saturdays:** Monte Vista Baseball field

What to Bring

- Workout attire
- Athletic shoes (NO CROCS, SLIDES, etc.)
- Sunglasses/eyeglasses (if needed)
- Baseball glove
- Snack
- Water bottle

Important Requirements

All players interested in participating **must** complete registration and have a completed physical form uploaded in **Family ID** before attending any sessions. Please see Athletic Director, Matt Shrout, before or during school with any issues with Family ID.

I look forward to seeing everyone on the field as we gear up for a successful season.

Best regards,

A handwritten signature in black ink, appearing to read 'JaRell'.

JaRell McIntyre, Head Baseball Coach
Tracy High School Baseball Program
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