



2022 CB East Baseball Pre-Tryout Meeting



Kyle Dennis – Head Coach (kdennis@cbsd.org)

Pat Devlin – Pitching Coach

Ben Hauser – Assistant Coach

Kurt Wachowski – JV Head Coach (kwachowski@cbsd.org)

Derek Calabrese – JV Assistant Coach

Thomas Spratt – Head Freshman Coach

How to Stay Informed:

Team Website – <https://www.cbsd.org/cbebaseball>

District Athletics Website - <https://cbeathletics.com/>

Twitter - [@cbebaseball](https://twitter.com/cbebaseball)

Instagram - [@cbeastbaseball](https://www.instagram.com/cbeastbaseball)

Sign Up for Text Message / Email Updates via Remind

2022 Graduates – Visit rmd.at/cbeast2022 or for text only @cbeast2022 to 81010

2023 Graduates – Visit rmd.at/cbeast2023 or for text only @cbeast2023 to 81010

2024 Graduates – Visit rmd.at/cbeast2024 or for text only @cbeast2024 to 81010

2025 Graduates – Visit rmd.at/cbeast2025 or for text only @cbeast2025 to 81010

Pre-Tryouts

- Mandatory Player Survey for all players – <https://tinyurl.com/CBEBaseball2022>
- Parents must register athlete on FamilyID.com (Closer to spring)
- Mandatory Concussion Seminar – More info as spring approaches
 - Not necessary if you have already attended and were tested *this academic school year*
- Physicals questions? <https://www.cbsd.org/Page/905>
 - Haven't tried out for or played a sport this academic year:
 - Fully completed PIAA Comprehensive Pre-Participation Physical Evaluation (Sections 1 – 6)
 - Tried out or played a sport this academic year:
 - Section 7 or 8 of PIAA CPPPE Physical depending on if injured.

2021 Roster Information			
Grade	Varsity (21)	JV (17)	9 th (13)
9	2 (3)	1 (0)	13
10	3	10	0
11	6	7	0
12	9	0	0

Tryouts are March 7th – 11th 3:00 PM – 5:30 PM

- Tryouts start at 3:15 PM. Warmups start at 3:00 PM.
- Be prepared each day for both indoors and outdoors.
- Rain/Turf schedule TBA. Stay flexible
- JV and Varsity Roster varies between 17 – 25
- Freshman Team... Second Season...13 rostered last season
- Goal is 4 to 5 days of tryouts. Preliminary cuts after 3 days
- The following will be evaluated during tryouts:

Throwing Mechanics and Velocity	Positional Needs
Defensive Fundamentals	Team Needs
Swing / Bat Speed / Exit Velocity	Potential
Running Speed	Baseball IQ
Attitude / Work Ethic	Coachability

Parent Expectations

- Allow your son the responsibility of communication with coaches. Please do not reply or communicate for them.
- Be a part of the team by getting involved through attending games, fundraising and other committees.
- Positively support the team and your son in good and bad times.
- Have a positive and supportive presence and attitude for the team at games.
- Game time is the player's time. Support their focus by remaining clear of dugouts, batting cages, bullpens, etc.
- Umpire criticism can only do more damage than good.
- Support the appropriate communication process: Player → Coach → Player → Parent
- If you feel questions are not being answered, please contact the AD (rkelly@cbsd.org) to schedule a meeting
- Avoid scheduling family events, vacations, and appointments during practice/game time. Players should communicate with coaching staff about any conflicts in advance.

CB East Baseball by the Numbers:

CB East Tryout Data

30 Yard Dash: Top 10: (All Players Ran)

3.66 – 4.00

60 Yard Dash: Top 5: (Only OF Ran)

7.02 – 7.29

Infielder Velocity: Top 10: (2020 Data)

91 – 77 mph

Outfielder Velocity: Top 10: (2020 Data)

85 – 75 mph

Catcher Pop Times: (2020 Data)

2.09 - 2.17

Exit Velocity: High - Top 10: (2020 Data)

104.2 – 88 mph

Average Exit Velocity - Top 10: (2020 Data)

102.5 – 86 mph

Player Expectations

- Be the teammate you want to play with.
- Be present and on time each day for school and practice.
- Must be in school for ½ day. (10:30 AM; 2 Full Blocks) to be eligible.
- Be a STUDENT-athlete. Be respectful and alert. Participate. Own your mistakes. Accept the consequences.
- Exercise the “Grandma Rule” for Snapchat, Instagram, Twitter, etc. Lock it down.
- Think before you act and consider your company. Guilty and guilty-by-association are difficult to separate.
- Attend every practice, game, meeting, community event.
- Be a part of something bigger than yourself. Celebrate your team and teammates success.
- Monday through Friday warmups start by 3:00 PM. Practice goes until 5:30. Saturday AM practices for Varsity and select JV/Freshman players or are JV optional. This will be announced during the week.
- Be prepared every day. Pack you gear, clothes, uniform, water, snacks, spikes, turfs, extra layers, etc. the night before and put by door with your school bag.
- Field and equipment will be maintained and put away after every practice and game. Plan around it.
- Know your role, understand its importance. You do not have to accept it, but you must work to improve it.

General High School Numbers

60 YARD DASH

ELITE	6.89 <
GOOD	6.90 - 7.15
AVERAGE	7.16 - 7.45

INFIELD VELOCITY

ELITE	85 +
GOOD	80 - 84
AVERAGE	74 - 79

OUTFIELD VELOCITY

ELITE	87 +
GOOD	81 - 86
AVERAGE	75 - 80

CATCHER POP TIME

ELITE	2.0 <
GOOD	2.01 - 2.15
AVERAGE	2.16 - 2.30

BALL EXIT VELOCITY

10-25°

ELITE	88.0 +
GOOD	83.0 - 87.9
AVERAGE	75.0 - 82.9

HOME TO 1ST - RHH

ELITE	4.55 <
GOOD	4.56 - 4.75
AVERAGE	4.76 - 4.99

HOME TO 1ST - LHH

ELITE	4.40 <
GOOD	4.41 - 4.61
AVERAGE	4.62 - 4.84

PART 1 – CONCUSSION TRAINING MODULE



Directions to the CB East High School Online CCET Concussion Training Module:

1. Click on link: <https://forms.gle/weFtkARwTCVhYiRr9> to open the online learning module for **Concussion Education**.
2. Fill out your **FIRST and LAST** name, **GRADE, SPORT**, and **EMAIL**. Then click on then go to the next section.
3. The next section is the Pre-Test it is a total of 10 questions. Complete this pretest and then go to the next section.
4. The next section is the **PRESENTATION**. There are 3 total modules. After each module you will answer a few questions about that module. There is a total of 10 questions.
5. Each section of this presentation takes approximately 10 minutes.
6. When the presentation for each section is completed, you will need to answer the **MULTIPLE CHOICE OR TRUE/FALSE** questions in each section.
7. When you have completed the presentation and all the questions you will have completed the education portion for school.
8. Your **Athletic Trainer** will be able to see who has completed this presentation and the score you receive on the questions.
9. This will fulfill **Part 1 of 2** of your mandatory **Concussion Education for the 2021-2022** school year. Communicate with your Athletic Director, Athletic Trainer and/or Coaches on how the **ImPACT Test** will be completed for student athletes in your school.

PART 2 – BASELINE IMPACT TEST

Dear Student athletes:

Please follow the directions below to complete the impact test.

(Impact testing)

Directions to complete the Impact Test Requirements:

In order to have the most accurate baseline score for this coming school year we will need to ensure that all students have an environment in the home that is free from distraction. In an effort to create an environment similar to the one provided in a school setting we are asking that the below steps are taken during the duration of the test (approx. 30 minutes).

- Cell phones/Tablets are left in another room or are powered down.
- Test is taken in a room with no TV or Radio on.
- Test is taken independently or alone and free from distraction of other household members.
- **TEST MUST BE TAKEN BY THE ATHLETE.**

1. Complete the Online CCET Concussion Training Module through the BCCET
2. Click on link below. (Please use Google Chrome and ensure the pop-up blocker is disabled.)

Impacttestonline.com/schools

3. Enter Code: **R2ZWE767UH**
4. Click Validate
5. Select **Central Bucks East** in the drop down box. (**Do not choose your middle school**)
6. Click launch test
7. Enter your Full first and last name. No nicknames or shortened versions.
8. Please fill out **ALL** additional demographic information, **DO NOT SKIP THE DEMOGRAPHICS SECTION.**
 - a. Please fill out all sports you participate in during the school year
9. Once completed, you can simply exit out of the program or email me the results, see email above.

If you have any questions or concerns about this process please feel free to reach out to our ATC **(Dwight Stansbury, email: dwight.stansbury@atipt.com)** and/or the Athletic Office for guidance.



America's Source for High School Sports

Central Bucks East Baseball Schedule (2021-22)



Mascot Patriots **Team** Varsity 2022 **Colors** Blue, Red
Coach N/A **Address** 2804 Holicong Rd, Doylestown, PA 18901
Overall 0-0 **Conference** 0-0
League Suburban One - Colonial **Division** PA Class AAAAAA

Record Breakdown

Home 0-0-0 Away 0-0-0 Neutral 0-0-0 PF 0 PA 0 Win % .000

Date	Opponent	Result
3/17 4:00p	@ Perkiomen Valley (Collegeville, PA) Game Details: SCRIMMAGE	Preview Game
3/21 3:45p	Hatboro-Horsham (Horsham, PA) Game Details: SCRIMMAGE 2804 Holicong Road, Doylestown PA 18902	Preview Game
3/25 4:00p	@ Spring-Ford (Royersford, PA) Game Details: 350 S Lewis Rd, Royersford, PA 19468	Preview Game
4/1 3:45p	Penridge (Perkasie, PA) * Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
4/2 11:00a	@ William Penn Charter (Philadelphia, PA) Game Details: 3000 W School House Ln, Philadelphia, PA 19144	Preview Game
4/5 3:45p	@ Souderton (Souderton, PA) * Game Details: 435 Park Ave, Harleysville, PA 19438	Preview Game
4/7 3:45p	@ Central Bucks South (Warrington, PA) * Game Details: 1100 Folly Rd, Warrington, PA 18976	Preview Game
4/9 10:30a	@ Council Rock South (Holland, PA) Game Details: 2002 Rock Way, Holland, PA 18966	Preview Game
4/11 3:45p	@ Central Bucks West (Doylestown, PA) * Game Details: 375 W Court St, Doylestown, PA 18901	Preview Game
4/13 3:45p	North Penn (Lansdale, PA) * Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game

4/14 3:45p	@ Holy Ghost Prep (Bensalem, PA) Game Details: 2429 Bristol Pike, Bensalem, PA 19020	Preview Game
4/20 3:45p	@ Bensalem (Bensalem, PA) Game Details: 4319 Hulmeville Rd, Bensalem, PA 19020	Preview Game
Date	Opponent	Result
4/25 3:45p	Council Rock North (Newtown, PA) Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
4/26 3:45p	Harry S. Truman (Levittown, PA) Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
4/28 3:45p	@ Pennsbury (Fairless Hills, PA) Game Details: 705 Hood Blvd, Fairless Hills, PA 19030	Preview Game
5/2 3:45p	Neshaminy (Langhorne, PA) Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
5/4 5:45p	@ Pennridge (Perkasie, PA) * Game Details: 1105 Ridge Rd, West Rockhill Twp, PA 18960	Preview Game
5/6 3:45p	Souderton (Souderton, PA) * Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
5/10 3:45p	Central Bucks South (Warrington, PA) * Game Details: 2804 Holicong Road, Doylestown PA 18902	Preview Game
5/12 6:30p	Central Bucks West (Doylestown, PA) * Game Details: Hanusey Park 4757 Gordon Rd, Doylestown, PA	Preview Game
5/17 3:45p	@ North Penn (Lansdale, PA) * Game Details: 1340 S. Valley Forge Road. Lansdale PA 19446	Preview Game
5/18 4:00p	@ Haverford School (Haverford, PA) Game Details: 450 Lancaster Ave, Haverford, PA 19041	Preview Game

Schedule Legend

Conference Game = *

Tournament Game = **

Playoff Game = ***



America's Source for High School Sports

Central Bucks East Baseball Schedule (2021-22)

Mascot Patriots Team JV 2022 Colors Blue, Red

Coach Kurt Wachowski Address 2804 Holicong Rd, Doylestown, PA 18901

Overall 0-0 Conference 0-0



Record Breakdown

Home 0-0-0 Away 0-0-0 Neutral 0-0-0 PF 0 PA 0 Win % .000

Date	Opponent	Result
3/17 4:00p	@ Perkiomen Valley (Collegeville, PA) Game Details: SCRIMMAGE	Preview Game
3/21 3:45p	Hatboro-Horsham (Horsham, PA) Game Details: SCRIMMAGE	Preview Game
3/25 4:00p	@ Spring-Ford (Royersford, PA) Location: Spring-Ford High School	Preview Game
4/1 3:45p	Pennridge (Perkasie, PA) * Location: Central Bucks East High School	Preview Game
4/2 11:00a	William Penn Charter (Philadelphia, PA) Game Details: On CB East Varsity Field	Preview Game
4/5 3:45p	@ Souderton (Souderton, PA) * Game Details: Harleysville Community Center	Preview Game
4/7 3:45p	@ Central Bucks South (Warrington, PA) * Location: Central Bucks South High School	Preview Game
4/9 10:30a	@ Council Rock South (Holland, PA) Location: Council Rock South High School	Preview Game
4/11 3:45p	Central Bucks West (Doylestown, PA) * Game Details: On Varsity Field	Preview Game
4/13 3:45p	North Penn (Lansdale, PA) * Game Details: Central Bucks East High School	Preview Game

4/14 3:45p	@ Holy Ghost Prep (Bensalem, PA) Location: Holy Ghost Prep	Preview Game
4/20 3:45p	@ Bensalem (Bensalem, PA) Location: Bensalem High School	Preview Game
Date	Opponent	Result
4/25 3:45p	Council Rock North (Newtown, PA) Location: Central Bucks East High School	Preview Game
4/26 3:45p	Harry S. Truman (Levittown, PA) Location: Central Bucks East High School	Preview Game
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5/6 3:45p	Souderton (Souderton, PA) * Location: Central Bucks East High School	Preview Game
5/10 3:45p	Central Bucks South (Warrington, PA) * Location: Central Bucks East High School	Preview Game
5/12 3:45p	@ Central Bucks West (Doylestown, PA) * Location: Central Bucks West High School	Preview Game
5/17 3:45p	@ North Penn (Lansdale, PA) * Location: North Penn High School	Preview Game
5/18 4:00p	Haverford School (Haverford, PA) Location: Central Bucks East High School	Preview Game

Schedule Legend

Conference Game = *

Tournament Game = **

Playoff Game = ***

Central Bucks East HS

2804 Holicong Road Doylestown, PA 18902

School Phone: 267-893-2327 Fax: 267-893-5942 Email: rkelly@cbsd.org

Superintendent
Dr. Abe Lucabaugh

Principal
Dr. Chad Watters

Vice Principals
L. Hadfield, J. Boyle, T. DeRosier

Athletic Director
Ryan Kelly

Freshman Baseball (Boys)

Spring 2021-2022

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
(Scr) Wed	Apr. 06	@ William Tennent High School	William Tennent High School	3:30PM
Friday	Apr. 08	Central Bucks South HS	Central Bucks East HS	3:30PM
Monday	Apr. 11	@ Council Rock South	Council Rock South	3:30PM
Tuesday	Apr. 12	Pennsbury HS East	Central Bucks East HS	3:30PM
Thursday	Apr. 14	Central Bucks West HS	Central Bucks East HS	3:30PM
Tuesday	Apr. 19	@ Neshaminy HS	Neshaminy HS	3:30PM
Thursday	Apr. 21	@ Abington Sr. High School	Abington Sr. High School	3:30PM
Monday	Apr. 25	Plymouth Whitemarsh Sr HS	Central Bucks East HS	3:30PM
Wednesday	Apr. 27	@ Upper Dublin High School	Upper Dublin High School	3:30PM
Tuesday	May. 03	Quakertown HS	Central Bucks East HS	3:30PM
Thursday	May. 05	William Tennent High School	Central Bucks East HS	3:30PM
Monday	May. 09	@ Central Bucks South HS	Central Bucks South HS	3:30PM
Wednesday	May. 11	@ Pennsbury HS East	Pennsbury HS East	3:30PM
Monday	May. 16	@ Central Bucks West HS	Central Bucks West HS	3:45PM
Wednesday	May. 18	Neshaminy HS	Central Bucks East HS	3:30PM