



Hello All,

Thank you for your interest in the Shrewsbury AAU Colonials program. 2020 will be the first season for the Colonials 11U team and we are excited about the following plans:

- This is a critical year were the players transition to the intermediate-size (50/70) diamond.
- Will play in either the NEAAU or EBL league
- Games will be double headers on either Saturday and/or Sunday between late March to early June
- Our schedule will allow for 25 to 30 games during the regular season. Home field in Shrewsbury
- The team will fund/play in 2 tournaments, location TBD
- Once-a-week indoor practices will begin in early January at a local baseball facility (planning on Hit Quarters at Shrewsbury Athletic Club)
- Qualified hitting and pitching instructors will work with the players during the off-season training program on separate evenings.

The Colonials are a non-profit, volunteer organization for the sole purpose of developing local baseball player's skills, abilities, teamwork, and love of the game. The emphasis is teaching and reinforcing fundamentals from an offense, defense and overall baseball perspective.

- Hit & run
- Leading, stealing and proper base running
- Working counts to an offensive advantage for both hitting and base running
- Proper balance and technique for infield and outfield
- Cutoffs from both the infield and outfield perspective
- Pickoffs and coverages of all bases
- Fielding bunts, double plays
- Teamwork, respect and handling adversity
- Practice and game decorum

We will be able to set this schedule, provide some unique developmental "Hit Fit" cross training sessions, with uniform, apparel and helmet for approximately \$1,700 per player. Please know every dollar is being spent on behalf of the boys as this is a non-profit initiative. Our program allows the boys to play in a highly competitive environment with little to no interference to the town baseball league.

If your son wishes to tryout in early August, please connect with us using the contact information below. Players will be evaluated for available roster spots and notified of results shortly thereafter.

Regards,

Rick Mahoney (781) 603-3518 rdm44@townisp.com



Shrewsbury Colonials

11U AAU Baseball Program

2020 Tryout Registration and Waiver Form

August 3, 2019 @ 9:00am

North Shore Field 15 Parker Road, Shrewsbury

Player Name _____

Mailing Address _____

Town _____ State _____ Zip _____

Date of Birth ____/____/____

Email(s) _____

Telephone: Home (_____) _____ - _____

Cell (_____) _____ - _____

Parent/Guardian Name(s) _____

Position #1 _____ Position #1 _____ Bat: Rt Lt Both Throw: Rt Lt

Waiver of Liability, Release, Assumption of Risk & Indemnity Agreement

The Participant and/or participant's parent(s)/guardian(s) acknowledge, understand and assume all risks inherent with participating in this program/tryout.

I, the parent/guardian of the above listed player, hereby give my consent for their participation in "Shrewsbury Colonials" program/tryouts. Also, I hereby release, indemnify and agree to hold harmless "Shrewsbury Colonials" and any of its directors, officers, coaches, agents, affiliates, sponsors, and associated personnel against any legal claim by or on behalf of the participant as a result of participation in the program. I also give my consent for all medical care prescribed by a medical doctor, EMT or nurse to preserve the physical well-being of my child.

Parent/Legal Guardian Signature

Date

"It's hard to beat a person who never gives up!"—Babe Ruth

Send completed registration to Rick Mahoney:

Rdm44@townisp.com (781) 603-3518



Hello All,

Thank you for your interest in the Shrewsbury AAU Colonials program. 2020 will be the first season for the Colonials 12U team and we are excited about the following plans:

- This is the last year the players this age will play on the intermediate-size (50/70) diamond.
- Will play in either the NEAAU or EBL league
- Games will be double headers on either Saturday and/or Sunday between late March to early June
- Our schedule will allow for 25 to 30 games during the regular season. Home field in Shrewsbury
- The team will fund/play in 2 tournaments, location TBD
- Once-a-week indoor practices will begin in early January at a local baseball facility (planning on Hit Quarters at Shrewsbury Athletic Club)
- Qualified hitting and pitching instructors will work with the players during the off-season training program on separate evenings.

The Colonials are a non-profit, volunteer organization for the sole purpose of developing local baseball player's skills, abilities, teamwork, and love of the game. The emphasis is teaching and reinforcing fundamentals from an offense, defense and overall baseball perspective.

- Hit & run
- Leading, stealing and proper base running
- Working counts to an offensive advantage for both hitting and base running
- Proper balance and technique for infield and outfield
- Cutoffs from both the infield and outfield perspective
- Pickoffs and coverages of all bases
- Fielding bunts, double plays
- Teamwork, respect and handling adversity
- Practice and game decorum

We will be able to set this schedule, provide some unique developmental "Hit Fit" cross training sessions, with uniform, apparel and helmet for approximately \$1,700 per player. Please know every dollar is being spent on behalf of the boys as this is a non-profit initiative. Our program allows the boys to play in a highly competitive environment with little to no interference to the town baseball league.

If your son wishes to tryout in early August, please connect with us using the contact information below. Players will be evaluated for available roster spots and notified of results shortly thereafter.

Regards,

Kevin O'Toole (857) 205-1147 kevin.otoole1147@gmail.com

Joe Flynn (508) 450-0618 jiflynn19@aol.com



Shrewsbury Colonials

12U AAU Baseball Program

2020 Tryout Registration and Waiver Form

August 3, 2019 @ 10:30am

North Shore Field 15 Parker Road, Shrewsbury

Player Name _____

Mailing Address _____

Town _____ State _____ Zip _____

Date of Birth ____/____/____

Email(s) _____

Telephone: Home (_____) _____ - _____

Cell (_____) _____ - _____

Parent/Guardian Name(s) _____

Position #1 _____ Position #1 _____ Bat: Rt Lt Both Throw: Rt Lt

Waiver of Liability, Release, Assumption of Risk & Indemnity Agreement

The Participant and/or participant's parent(s)/guardian(s) acknowledge, understand and assume all risks inherent with participating in this program/tryout.

I, the parent/guardian of the above listed player, hereby give my consent for their participation in "Shrewsbury Colonials" program/tryouts. Also, I hereby release, indemnify and agree to hold harmless "Shrewsbury Colonials" and any of its directors, officers, coaches, agents, affiliates, sponsors, and associated personnel against any legal claim by or on behalf of the participant as a result of participation in the program. I also give my consent for all medical care prescribed by a medical doctor, EMT or nurse to preserve the physical well-being of my child.

Parent/Legal Guardian Signature

Date

"It's hard to beat a person who never gives up!"—Babe Ruth

Send completed registration to Kevin O'Toole or Joe Flynn:

kevin.otoole1147@gmail.com (857) 205-1147
jjflynn19@aol.com (508) 450-0618

Shrewsbury Colonials AAU Baseball Program

The Shrewsbury Colonials AAU baseball program had another successful season in 2019. The 2 teams (13U and 14U) played in the New England AAU league and they were both competitive with the 13U team advancing to the playoffs. In 2020, there will be a 14U team and 2 new teams added: 11U and 12U. Indoor training will continue to be at Hit Quarters in Shrewsbury from January into early April, incorporating a complete program with pitching and hitting instruction from qualified instructors. In addition, there will be a weekly “baseball-specific” exercise program at Peak Fitness in Worcester that will focus training on core strength, flexibility and speed. There will be double headers each Saturday and/or Sunday between early April into early June (11U and 12U) or early July (14U) for a 25-30 game schedule, including tournaments. This allows the boys to play in a highly competitive environment with little to no interference with the town baseball league.

The Colonials 2020 11U and 12U teams plan to hold tryouts on Saturday, August 3rd. 11U at 9:00am and 12U at 10:30am on the North Shore field (15 Parker Road, in back of SELCO). Players will be evaluated for available roster spots and notified of results shortly thereafter. Please see the attached registration and waiver forms for more information on the teams. If you have a conflict with the tryout date, we will schedule an additional day/time for a make-up session.

If you are interested in the 2020 **11U** team tryout, please contact Rick Mahoney at rdm44@townisp.com

If you are interested in the 2020 **12U** team tryout, please contact Joe Flynn at jjflynn19@aol.com or Kevin O'Toole at kevin.otoole1147@gmail.com

If you are interested in the 2020 **14U** team tryout, please contact Chris Marques at chris.marques@allscripts.com