

Are you ready?

2017 baseball is right around the corner. Hopefully you have already started taking steps in preparation for the upcoming season. I will break down the **preparation** into three steps or categories: **Physical, Mental and Pre-season**.

The **physical** preparation is most important to start early. Physical perception of mobility, energy, and hustle are paramount in the minds of coaches and evaluators, so I would recommend the following steps:

1. See a doctor – get an annual Physical and make sure all your items are *ticking* properly.
2. Get to the gym – get into a workout routine that will assist you with your conditioning and/or weight loss-- as the season approaches.
3. Proper nutrition – eat the proper foods. There are some programs that include weight loss and natural supplements to assist you to reach your goals.

The **mental** approach to the upcoming season should be looked at in a couple ways. First of all and most important, get your family life and work in order. The last thing you want are issues at either place to make it difficult to concentrate while on the field. There is nothing better than a supportive family and/or boss. Since this is a rule change year you should not wait to get your head into the new **2017 & 2018 NCAA Rules Book ; 2017 CCA Mechanics Manual**. This will also make the test easier if you are comfortable with the rules, not to mention your ability to explain rule situations to coaches when that situation occurs. Further preparation can come from having rules and mechanics discussion with your peers or local official's association. Good discussion helps clarify some of the rules and mechanics that are sometimes confusing.

Finally, **pre-season**: don't be the guy that goes into his first plate game without seeing a pitch prior to the game. Contact your local high school, college, or assignor and look for opportunities to see some pitches leading up to opening day. It will not only make you more comfortable behind the plate, but leave you less sore the following day if you have used those muscles a few times prior to taking the field.

As the assignments are given out by Coordinators & Assignors, don't wait until the last minute to make your travel plans. Communicate with your crew regarding travel, hotels, game times, and any other issues that might be pertinent to the site and/or teams that will be participating.

Have a great 2017 season!