



Alpharetta High School Baseball

Welcome to Alpharetta Baseball

Head Varsity Coach- Marc Lassiati lassiat@fultonschools.org

Head Junior Varsity Coach – EJ Francis francise@fultonschools.org

Head Freshman Coach – Matt Hartwell hartwellm@fultonschools.org

Dugout Club President- Seth Bernstein buckeyebernstein@yahoo.com

To join our email distribution list send an email to ahsdugoutclub@gmail.com

To sign up for interest in our program and get additional information go to



<https://tinyurl.com/2020-AHS-Baseball-Information>

Freshman: Typically a roster of 16-20 players (only freshman can play at this level, but this allows us to grow and develop young players for junior varsity and varsity). During the season they will participate in 21 games and practice each day from January until the end of the season except Sundays.

Junior Varsity: Typically a roster of 16-21 players (seniors are not eligible for JV) During the seasons they will participate in 21 games and practice each day except Sundays from January until the end of the season.

Varsity: Typically a roster of up to 25 players. The varsity will participate in 31 games which includes 1 preseasons contest. They will have practice each day except Sundays from January until the end of the season which may include a playoff schedule.

Tryouts: Tryouts for all teams are held in mid-January of each year. Players must have all of their paperwork and physical forms submitted prior to trying out.

Conditioning: This will begin just after school starts in August in the weight room located in the gym. We will condition several days a week after school. Prospective players are highly encouraged to attend each session unless they are participating in a fall school sport. We have a well-developed plan for baseball players to gain strength, speed and stamina. Our program will include weight training, speed and agility, and arm care.

Parent Meeting: We will have our first booster/parent meeting late August (details to follow) in the AHS Media Center. At this meeting we will discuss the plans for the program, as well as fundraising needs to help support the program.