

2023 IHSBCA Prospect Showcase

Southeast Polk High School-Pleasant Hill, IA

Saturday - July 22, 2023

Tentative Schedule

7:45-8:30 Coach's Registration

7:45-7:50 am Catchers Report

7:55-8:10 am Pitchers that are also position players report.

8:55-9:10 am Pitcher onlys report.

8:00-8:30 Catchers run 60's and get Pop times.

8:30 a.m. Pitcher/Position players begin pitching.....followed by Pitcher Onlys.

2023 PITCHING ORDER

Right field bullpen will be used to warm up.

*Pitchers and catchers will be paired up from warm up to velo bullpen.

Catchers will be paired with multiple pitchers.

Left field bullpen is where pitchers will have velos taken.

Pitchers that are registered as a position player also, will need to prepare for 60s after bullpen session. Pitcher Only players, you are free to go after bullpen. Remember your showcase number.

Velos will be posted on Iowa High School Baseball Coaches Association website. www.iowahsbca.net

9:00-9:15 a.m. Position Player Registration

9:30 Players start running 60 yd. Dash & getting exit velocities in the cages.

Rotation:	OF -- 60s	C -- exit velo
	SS -- 60s	OF -- exit velo
	2B -- 60s	SS -- exit velo
	3B -- 60s	2B -- exit velo
	1B -- 60s	3B -- exit velo
	C -- 60s	1B -- exit velo

To hit on the field players will need an Exit Velo of 83 or greater or coach recommendation!

Players will be told what your exit velo is after cage session.

List of exit velo will be posted in player's 3B dugout, next to player showcase number.

11:00 a.m. Outfielders throws from right field (2 to third/3 to home)
Infielders SS, 2B, 3B will make 5 throws from shortstop, 1B will make picks at first.
(2 at them, 1 up middle, 1 in hole, slow roller
1B will take 5 ground balls at first and throw to third.
Catchers pop times. 5 throws to 2nd base.

12:30 p.m. Hitting on the field.

Hitters with qualifying exit velocities (or coach recommendation) will hit live on the field all others will be free to leave. These numbers will be announced and posted.

*Parents and spectators are welcome to attend...free of charge.

**Check iowahsbca.net for more information and payment options