



Hixson Middle Baseball 2023

Pre-Season Workouts/Conditioning start Mon 1/9 2:30-5. It will be every M/W/F until tryouts.

- Players must have a completed athletic packet filled out and turned in prior to participating in pre-season workouts and/or conditioning.
- Packets can be picked up at the school or printed by following this link
[Hixson Middle School Athletic Packet](#)
- Players will need to bring their baseball gear (glove, cleats, hat, helmet, bats, and shoes) every day. Long sleeves need to be worn when the temperature is below 60 degrees.

Tryouts will be on Monday and Tuesday 2/13-2/14. After the team is picked, players will have study hall and practice everyday after school from 2:30-5:45

First game week is March 13th

Division Tournament is May 1st - 7th

NXT Level Fitness - 1/17 (Every Tuesday and Friday through 3/17)

NXT Level Fitness is a Strength and Condition Program that we are going to utilize this year. We have limited spots available - this is a program for players that want to push themselves to get better with and without a coach. Please see program goals for more detailed information on what the program consists of.

As mentioned there are limited spots available. There will be 18 sessions in all, on **Tuesdays 7-9pm** and **Fridays 4-6pm**. You will need to commit to paying for all 18 sessions. We feel this is a valuable program, and as such, we will be covering a portion of the cost. **The cost to you for all 18 sessions is \$600.** This can be paid all up front prior to the first session, or in 3 separate payments of \$200, paid prior to the first session of each month.

This is on a first come first serve basis and we anticipate the spots filling quickly. Participation in the program does not guarantee a spot on the team.

NXT Level Fitness Program Goals QR:



NXT Level Fitness Google Form Sign up QR:



If you have any questions, please feel free to email Coach Nelson at nelson_jeffrey@hcde.org