

KANSAS CITY MEN'S SENIOR BASEBALL LEAGUE

NEW PLAYER WORKOUT

Sunday, March 29, 2026
4:00 PM – 6:00 PM
Homefield KC
2115 E Kansas City Rd, Olathe, KS 66061
FREE — No cost to attend

The KCMSBL New Player Workout is an opportunity for free agents to showcase their skills in front of league managers. Players will rotate through a series of drills covering infield, hitting, and pitching/catching, giving managers a chance to evaluate talent across all positions. Following the workout, managers may submit requests for players they are interested in adding to their roster. Final placement decisions are made by the league to ensure competitive balance, so that talent is distributed fairly across all divisions.

WORKOUT SCHEDULE

TIME	ACTIVITY
4:00 – 4:15 PM	Introductions & Overview
4:15 – 4:30 PM	Warm-Ups
4:30 – 5:00 PM	Infield Practice (Infielders)
5:00 – 5:30 PM	Hitting
5:30 – 5:45 PM	Pitching & Catching
5:45 – 6:00 PM	Conclusion & Q&A

WHAT TO BRING

✓	Tennis shoes or turf shoes (no cleats — indoor facility)
✓	Glove
✓	Helmet
✓	Water
✓	Bat (optional — aluminum bats will be provided)
✓	Catchers: Please bring your own catching gear if you have it

Questions? Reach out to your league commissioner prior to the event.

We look forward to seeing you on the field!