

#### **TRAINING ATTIRE**

#### **OUTDOOR TRAINING**

- PRAX PANTS
  - o Do Not Wear GAME PANTS Have a pair of practice pants
  - o White or gray pants only
  - o Blue or Black piping only
  - o Or White with Blue pinstripes
  - o Or no piping
- BELT
  - o Colors other than blue or black are not allowed
- SOCKS
  - o Colors other than blue or black are not allowed
- LONG SLEEVES
  - o Colors other than blue or black are not allowed
  - O Sleeves need to have no other team markings on them (i.e. Slammers, Lightning, Spartans, etc.)
  - o Preferably your sleeves will have Grandview baseball markings (but not required)
- HAT / BEANIE
  - o All players will wear Grandview baseball hat (game hat) or Grandview baseball beanie cap
- You will be fully dressed before entering the field

### **OFF-SEASON WORKOUTS**

- MONDAY BLUE SHIRT / GREY PANTS / HAT / HELMET
- TUES / THURS GREY SHIRT / GRANDVIEW BB SHORTS / TENNIS SHOES
- FRIDAY BLACK SHIRT / WHITE PANTS / HAT / HELMET
- PRAX PANTS
  - o Do Not Wear GAME PANTS Have a pair of practice pants
  - o White or gray pants only
  - o Blue or Black piping only
  - Or Blue pinstripes
  - Or no piping
  - BELT
    - o Colors other than blue or black are not allowed
- SOCKS
  - o Colors other than blue or black are not allowed
- SHOES
  - o Tennis Shoes for conditioning practices
  - o Turf or Tennis Shoes for Double Angel
- No necklaces, earrings, bracelets, etc. (Exception Religious items)
- You will be fully dressed before coming to training

#### IF YOU ARE NOT DRESSED PROPERLY, YOU WILL NOT PARTICIPATE IN TRAINING

## GAMEDAY ATTIRE (Including Pre-Game Batting Practice)

- Game uniforms need to be washed and pressed before EVERY game.
- VARSITY All players will wear uniform pants the same (i.e. pants up or pants down).
- All players will wear the same color undershirt (BLUE or BLACK) under the uniform top. (Long sleeves are preferred but not required for games)
- Extra tape, wristbands, etc. need to be approved by your coach. Baseball swag is encouraged Just don't draw too much attention to yourself. But...Look like a ballplayer!
  - All swag needs to be match our colors for that game!
- All players will wear blue or black athletic socks. No stirrups.
  - \*\*\*Exception EVERYONE wears stirrups.
- All players will wear a blue or black belt.
- All players will wear a blue helmet with a Grandview baseball logo sticker. (Helmets are solid BLUE! No stripes or alternate color shades allowed)
  - Write your name in ink on the inside of your helmet.
  - o Do not tape your helmet.
  - o If your helmet chips or is cracked you need to buy a new helmet.
- A "team shoe" is recommended but not required.
  - o Shoes will be kept neat and clean before EVERY game. Shine your shoes.
  - O Shoes need to be black and/or white and/or blue and/or grey
  - No other colors allowed
- You will be fully dressed before entering the field.
  - \*\* During batting practice, you may keep your uniform top in the dugout / clubhouse. Grandview attire needs to be worn in its place (i.e., baseball sweatshirt, jacket, etc.)
  - \*\* Your head coach may allow you to wear Grandview sweats and/or t-shirt and shorts for batting practice.

## GRANDVIEW BASEBALL GEAR CHECKLIST

# Each player will **NEED** to have

- 1) Game Hats -2
  - a. Blue
  - b. Black
- 2) Long Sleeves BLUE and BLACK
- 3) Belt BLUE and BLACK
- 4) Soccer Socks BLUE and BLACK
- 5) Helmet BLUE (NO STRIPES)
- 6) Cleats BLACK or WHITE or BLUE or GREY
- 7) Game Pants
  - i. Long Grey with Blue Piping
  - ii. Long White with Blue Piping
- 8) Practice Pants

Any additional items are all optional

**EXAMPLES:** Turf Shoes