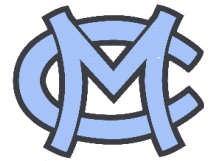


Montclair Baseball



4 EASY STEPS TO GET INVOLVED!

1. REGISTER

- A. Go to <https://www.montclairathletics.net/athletic-clearance.html>



Or Scan the QR Code.

- B. Click on "ATHLETIC CLEARANCES" and fill out the registration information.
C. Click on "PHYSICAL FORM". Print the form and have your doctor fill out the form when you get your Sports Physical. You can turn in your form to the front office at Montclair High School.

2. PHYSICAL

- A. Make an appointment with your doctor for a "SPORTS PHYSICAL".
B. You can also call the Lally Medical Group and schedule a Sports Physical.
Lally Medical Group
5050 San Bernardino St
Montclair, CA. 91763
909-281-5800
C. Physicals must be done prior to any tryout.

3. CONTACT COACH

- A. Email Coach at Christopher.castro@cjuhsd.net.
B. Send me your first and last name and let me know any baseball experience you have.
C. I am located in Room 31 in the Science Building

4. TRYOUTS

- A. Tryouts start Monday, August 15th from 3:30 to 5pm and end Friday, August 19th.
B. Bring any baseball equipment you may have (glove, bat, gear...)
C. Wear baseball pants (sweats are fine if you don't have pants, shirt, hat and protective cup.
D. Bring your own water.

We are looking for Hard-Working **Student/Athletes** who Love the Game of Baseball, are Responsible in the classroom and want to continue the Success of Montclair Baseball and Compete for the 2023 Mt. Baldy League Championship.

If you have any questions, please contact Coach Castro through email at christopher.castro@cjuhsd.net, or text/call at 951-768-1134.



CHECK OUT OUR INSTAGRAM PAGE: