



Florida St. Seminoles

Newsletter



March 24, 2009

Nole's Look Sharp in Preseason

With only two practices under their stretch athletic belts, the FSU A's breezed to a 14-1 win over the Tarheels last Saturday.

The pitching was the surprise of the day, as the 'Noles Matt Chavez, Aaron McCraven, Robert Garcia and Matt Avila limited the Tarheels to one run on four hits, while walking only two batters. The staff recorded 11 K's in 5 innings. Credit must go to the staff's personal trainers (parents) who were seen practicing with their throwing protégés before the season.

The offense was led by Aaron 'the Babe' McCraven who went 3-3 with 3 RBI's which included a two-run homer over the left field wall in the first inning. Others collecting base hits were Noah Rodriguez, Raymond Serrano, Robert Garcia, Joseph Romero, Alex Alvarez and Thomas Coupland. Hitless but scoring runs were Matt Avila, Matt Chavez and Joshua Lagal.

A Box Score

FSU 11, North Carolina 1 03/21/09

| | Score/Inn | R | H | E |
|-----|-----------|----|---|---|
| UNC | 100 00 | 1 | 4 | 7 |
| FSU | 732 2x | 14 | 9 | 3 |

HR: McCraven. **2B:** McCraven(2). **RBI:** McCraven(3), Chavez, Garcia, Serrano, Lagal, Alvarez. **Runs:** Rodriguez, Avila, McCraven(3), Chavez(2), Serrano, Romero(2), Lagal(2), Alvarez, Coupland. **LOB:** NCU 3, FSU 3. **Time:** 1:18

Activity Schedule

Thursday, March 26

Practice & Meeting – 4:00-5:15 – Russell Park

Saturday, March 28

Season Opener vs. UNC – 5:00 – Russell Park

Tuesday, March 31

Practice – 4:15-5:30 – Russell Park

Catcher/Selected Infield/Outfield practice – 5:30-5:50

Thursday, April 2

Practice & Meeting – 4:00-5:15 – Russell Park

Saturday, April 4

TBA

Tuesday, April 7

Practice – 4:15-5:30 – Russell Park

Outfield Practice

A Division Baseball Rules

Kare Youth League uses High School Baseball Rules with some modifications. Some of those are listed below:

Game time: No new inning may start after 1 hour 15 minutes.

Pitching distance: 40 feet

Base distance: 60 feet

Pitching Rules: Pitching staff must consist of four pitchers. A pitcher that starts a game is not eligible to pitch in the next game. Pitchers are limited to 10 innings per calendar week. A pitcher who walks three batters in an inning must be replaced.

Base running Rules: Runners may only lead off to the edge of the grass. On a pickoff play, runners must return to the base before advancing. When stealing, if there is an overthrow by the catcher, the runner may not advance if the throw is backed up properly.

You can view all the rules in detail by going to rhprep.org/phorton/news.htm and clicking on Sports Rules > Baseball.