



2012 BASEBALL Winter Schedule of Events

Minors Pitching School Ages 8-12 Intermediate level baseball class focusing on pitching mechanics

Monday 5:00 pm Session 1: 1/9, 16, 23, 30, 2/6 Session 2: 2/13, 20, 27, 3/5, 12

Minors Catching School Ages 8-12 Intermediate level baseball class focusing on catching mechanics

Monday 5:00pm Session 1: 1/9, 16, 23, 30, 2/6 Session 2: 2/13, 20, 27, 3/5, 12

Majors Pitching School Ages 13+ Class focuses on throwing mechanics, off-speed grips, and situational pitching!!

Monday 4:00pm Session 1: 1/9, 16, 23, 30, 2/6 Session 2: 2/13, 20, 27, 3/5, 12

Majors Catching School Ages 13 Advanced baseball class focusing on catching mechanics

Monday 4:00pm Session 1: 1/9, 16, 23, 30, 2/6 Session 2: 2/13, 20, 27, 3/5, 12

Rookie Class Ages 5-9 Intermediate level baseball class focusing on Hitting, Throwing, and Fielding!!

Tuesday 4:30pm Session 1: 1/10, 17, 24, 31, 2/7 Session 2: 2/14, 21, 28, 3/6, 13

Minors Hitting School Ages 8-12 Progression based class focusing on everything from form to pitch selection

Tuesday 6:30pm Session 1: 1/10, 17, 24, 31, 2/7 Session 2: 2/14, 21, 28, 3/6, 13
Thursday 6:00pm Session 1: 1/12, 19, 26, 2/2, 9 Session 2: 2/16, 23, 3/1, 8, 15

Majors Hitting School Ages 13+ Advanced baseball class focusing on hitting mechanics

Monday 5:00pm Session 1: 1/9, 16, 23, 30, 2/6 Session 2: 2/13, 20, 27, 3/5, 12
Thursday 6:00pm Session 1: 1/12, 19, 26, 2/2, 9 Session 2: 2/16, 23, 3/1, 8, 15

Minors Gold Glove School All Ages Class covers infield and outfield play and progresses from fundamentals to professional technique.

Monday 6:00 PM Session 1: 1/9, 16, 23, 30 Session 2: TBA

DIAMOND STRENGTH: Ages 10+ This program integrates agility, speed training, flexibility, and weight training specifically designed for the baseball or softball player!!

Tuesday & Thursday Diamond Strength (3:30-4:30 & 7:00-8:00)
Saturday Diamond Strength (10:00- 11:30)