

SOFTBALL WINTER WORKOUTS

SUNDAYS: (Ages 7-12) TUESDAYS (Ages 13-17)



Open to all softball players: invite your friends to sign up with you!!

Winter Workouts:

**\$500 for 10
ninety-minute sessions**

(Ages 7-12)

Sundays 9:00am-10:30am

Jan 5th, 12th, 19th & 26th

Feb 2nd & 9th

Mar 2nd, 9th, 16th & 23rd

(snow makeup date: Sun Feb 23rd)

(Ages 13-17)

Tuesdays 7:30-9:00pm

Jan 7th, 14th, 21st & 28th

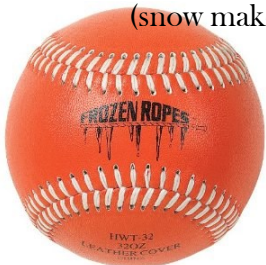
Feb 4th, 11th & 25th

Mar 4th, 11th & 18th

(snow makeup date: Sun Feb 23th)

Focal Points:

- Hitting
- Windmill Pitching
- Catching
- Throwing
- Sliding
- Infield
- Outfield
- Agility
- Speed and Conditioning
- Bunting and Slap Hitting



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