SOFTBALL WINTER WORKOUTS

SUNDAYS: (Ages 8-12) MONDAYS: (Ages 13-17)

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

Winter Workouts:

$400 for 10
ninety-minute sessions
(Ages 8-12)

Sundays 9:00am-10:30am

Jan 3rd, 10th, 17th, 24th & 31st
Feb 7th & 28th
Mar 7th, 14th & 21st

(snow makeup date: Sun Feb 21st)

(Ages 13–17)

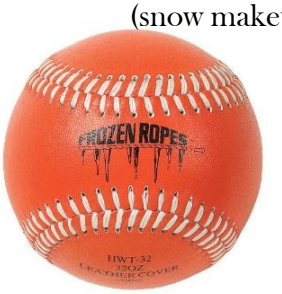
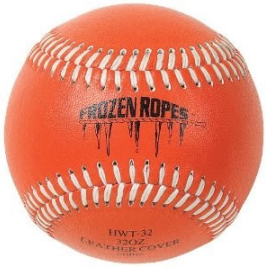
Mondays 6:00pm-7:30pm

Jan 4th, 11th, 18th & 25th
Feb 1st, 8th & 22nd
Mar 1st, 8th & 15th

(snow makeup date: Sun Feb 21st)

Focal Points:

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