



Spring Training Program

This program is a five week program for players of all ages who want to increase their baseball skills to get prepared for the upcoming season. Our staff will lead instruction in a 1.5 hour practice at the Core facility on Tuesdays and Saturdays. Each workout will consist of integrating skills for each aspect of the game while providing a throwing program, agility/strength training, and a simple professional approach to skills development in the areas of hitting, pitching, and fielding. We will concentrate on these areas to develop solid fundamentals for:

1. Throwing mechanics for position players
2. Pitching drills for pitchers (bullpens)
3. Hitting mechanics and approach at the plate
4. Individual defensive skill development
5. Shoulder strengthening exercises
6. Core Strengthening
7. Form running
8. GOAL to best prepare them for their tryouts

	Tuesdays	Saturdays
Ages 8-11	6-7:30pm	9-10:30am
Middle School	7:30-9pm	10:30am-12pm

Dates:

Tuesday, Jan 22
Saturday, Jan 26
Tuesday, Jan 29
Saturday, Feb 2
Tuesday, Feb 5
Saturday, Feb 9
Tuesday, Feb 12
Saturday, Feb 16
Tuesday, Feb 19
Saturday, Feb 23