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Winter Softball Open Gyms – High School Players Only

High school athletes will start having open gyms on Mondays as of January at the high school gym with boy’s baseball from 7:30 – 9 pm. These open gyms are for the benefit of high school players only; occasionally younger athletes will attend by invitation only. We are able to use our pitching machines with the Lite Flight balls for hitting in the High School.

Date	Time	Location	Who
There may be an updated schedule for March dependent on boys / girls basketball			
Monday March 12, 2012	7:30-9 pm	High School Gym	HS players only; TBA

Coach Porath and / or Coach Turner will be supervising the Fitness Centers on Mondays from 3:30 – 5 p.m. until season starts on March 19th, 2012. For those of you not playing a winter sport, it is highly suggested that you: participate in many of these open gyms, join player’s choice league and / or tournament, and keep yourself fit over the winter months. Even if you spend an hour a day related to any or all of these activities you will see great strides by March. **The only way to build CONFIDENCE is in PRACTICE—This is HUGE for hitting, pitching, and fielding.**

Coach Turner and Coach Porath