



Winter workouts are for players ages 13-18

Elite Pitching Program:

<https://www.signupgenius.com/go/20f0c48aeab2da3f58-pitching>

Speed/Agility Training:

<https://www.signupgenius.com/go/20f0c48aeab2da3f58-speedagility>

Middle School Hitting:

<https://www.signupgenius.com/go/20f0c48aeab2da3f58-middle1>

High School Hitting:

<https://www.signupgenius.com/go/20f0c48aeab2da3f58-high4>

These sessions will begin on the Monday, November 26, and will continue for 10 weeks. They will not meet over winter break.