

## Baseball Summer Workouts

| <b>Dates</b>      | <b>Baseball Skills &amp; Conditioning</b> | <b>Weights</b>     |
|-------------------|---|--------------------|
| <b>July 12-15</b> | <b>10:00-12:00</b>                        | <b>12:00- 1:00</b> |
| <b>July 19-22</b> | <b>10:00-12:00</b>                        | <b>12:00- 1:00</b> |
| <b>July 26-29</b> | <b>10:00-12:00</b>                        | <b>12:00- 1:00</b> |
| <b>Aug. 2-5</b>   | <b>TBA</b>                                | <b>TBA</b>         |
| <b>Aug. 9-12</b>  | <b>TBA</b>                                | <b>TBA</b>         |

Teacher In-Service begins in August

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