

Baseball Summer Workouts	
Dates	Strength & Conditioning- Meet at Baseball Field 10:00 AM
May 30 - June 3	Baseball Camp Week- No Strength & Conditioning
June 6 - 9	OFF
June 13 - 16	Open Field- 10:00 - 12:00
June 20 - 23	Open Field- 10:00 - 12:00
June 27 - 30	S & C- 10:00 - 12:30
July 4 - 8	OFF
July 11 - 14	S & C- 10:00 - 12:30
July 18 - 21	S & C- 10:00 - 12:30
July 25-28	S & C- 10:00 - 12:30
August	Teacher In-service begins- Open Field TBA

***\$50 Purchase a ticket for the entire summer.**

<https://www.weatherfordisd kangaroos.com/HTtickets>

***Athletes will need cleats or turf shoes for the baseball field and regular shoes for weight room**

***Bring Water**

***Make sure you are on SportsYou to get updates**

Baseball SportsYou Code: ZBA9-VA7A

Athletic Director

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ROO BALL