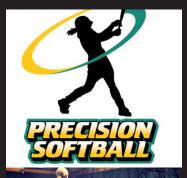
WINTER WORKOUTS 2017/2018



WEEKLY GROUP WORKOUTS FOCUSING ON FUNDAMENTALS, AGILITY & GAME SPEED REPITITIONS.
NEW CONCEPTS COVERED EACH WEEK.



Camps led by Olympian Danielle Bouman Special Guest Coaches, College Athletes & Alumni

FRIDAY NIGHT WINTER WORKOUTS

Time: 6:00pm - 8:00pm @ BYA - \$45pp Workout Focus: Batting & Fielding

November 10th, November 17th

December 1st, December 8th, December 15th

January 5th, January 12th, January 19th, January 26th

Pizza Social Hour - December 15th / January 26th 8-9pm Stay after the workout for food, fun & friendships. Add \$10



DAY WORKOUTS

FRIDAY 22ND DECEMBER @ Boost Your Average, 2326 Townsgate Rd, Westlake Time: 900am - 2:00pm, Cost: \$80.00 Workout Focus: Batting/Bunting/Slapping/Defense & Agility

SATURDAY 30th DECEMBER @ Rancho Simi Park, 1765 Royal Ave, Simi Valley, CA.93065 Time: 900am - 2:00pm, Cost: \$80.00 Workout Focus: Get evaluation & tryout ready - Infield, Outfield, Batting

MONDAY 15TH JANUARY @ Rancho Simi Park, 1765 Royal Ave, Simi Valley, CA.93065 Time: 900am - 2:00pm, Cost: \$80.00

Workout Focus: Get Game ready - Game Practice/Situational Work

SPECIALS:

Multiple Friday Night Workout Discount: Sign Up for 5 or more sessions to receive \$5 off each workout Multiple Day Camp Discount: Sign Up for Dec 22, Dec 30 and/or Jan 15 = \$10 off each camp

LIMITED CLASS SIZES / RESERVE YOUR SPACE NOW - precisionsoftball@hotmail.com REGISTRATION FORM - WINTER WORKOUTS DEC/JAN 2017/2018

Name:	Age Group	Workout Date/s:	
Parent(s) Name	Email :	Tea	am/league :
Phone: (Cell)	Other/Specials	() Other:	
() Friday Night Workout \$45	() Pizza Social Hour \$10 () 1 Day Workout \$80 Am	nount Encl:

Checks Payable to: Precision Softball