

# WINTER WORKOUTS 2017/2018



**WEEKLY GROUP WORKOUTS FOCUSING ON FUNDAMENTALS, AGILITY & GAME SPEED REPETITIONS.  
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: 9:00am - 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: 9:00am - 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: 9:00am - 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](mailto:precisionsoftball@hotmail.com)**

**REGISTRATION FORM - WINTER WORKOUTS DEC/JAN 2017/2018**

Name: \_\_\_\_\_ Age Group \_\_\_\_\_ Workout Date/s: \_\_\_\_\_

Parent(s) Name \_\_\_\_\_ Email : \_\_\_\_\_ Team/league : \_\_\_\_\_

Phone: (Cell) \_\_\_\_\_ Other/Specials \_\_\_\_\_ ( ) Other: \_\_\_\_\_

( ) Friday Night Workout \$45 ( ) Pizza Social Hour \$10 ( ) 1 Day Workout \$80 Amount Encl: \_\_\_\_\_

Checks Payable to: Precision Softball

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