



Baseball 2009-10 Pre-Season Workouts

Pinelands Sports Center is offering Winter and Pre-Season Baseball Workouts. These 90-minute workout sessions are designed to prepare the athletes for their upcoming season. The facility is divided into stations designed to work on hitting, throwing, infield and outfield and speed and agility.

The **3-week Winter Session** runs in December 2009. The **Pre-Season Session** begins the first week of January 2010. Teams can sign up and workout together as a group or individuals can sign up and work through the four stations.

The players will have 10 minutes in the beginning to stretch and work on throwing. The hitting stations will consist of 4 batting cages, and 8 batting tees to work on various hitting drills. The infield station will give the players 20 minutes of fielding ground balls. The final station will consist of outfield drills, box drills and some conditioning drills.

Winter Session – Starts December 2009

Wed 12/2, 12/9, 12/16 – Three 90 min sessions Cost \$55

Activity Code

WWED7-8:30

7:00 to 8:30 PM

Ages 12 and Under

WWED8:30-10

8:30 to 10:00 PM

High School Session

Preseason Session – Starts January 2010

Tuesdays - Jan 5, 12, 19, 26, Feb 2, 9, 16, 23

Eight 90 min sessions Cost \$145

Register for both Winter and Preseason sessions (11 Sessions) for \$180 Save \$20

~~PTUES5:30-7~~

5:30 to 7:00 PM

Ages 7-10

~~PTUES7-8:30~~

7:00 to 8:30 PM

Session is FULL

~~PTUES8:30-10~~

8:30 to 10:00 PM

Session is FULL

Wednesdays - Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10

Ten 90 min sessions Cost \$180

Register for both Winter and Preseason sessions (13 Sessions) for \$215 Save \$20

PWED5:30-7

5:30 to 7:00 PM

Ages 12 and Under

~~PWED7-8:30~~

7:00 to 8:30 PM

Session is FULL

PWED830-10

8:30 to 10:00 PM

High School Session

To register please visit PinelandsSports.com, download a registration form and insert the Activity Code for the Activity. **Registrations Due November 20, 2009.**

If you have any questions please **contact Keith Boswick 609-217-2904 or Ed Fisher 609-969-1292.**