



Softball 2009-10 Pre-Season Workout

Pinelands Sports Center is offering **Pre-Season Softball 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 **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 bittings 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.

Preseason Session – Starts January 2010

Thursdays - Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

Eight 90 min sessions - Cost \$145

Activity Code

PThurs 6-7:30

6:00 to 7:30 PM **Ages 7-12**

PThurs 7:30-9

7:30 to 9:00 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.**