

# SUNDAY WORKOUTS

We will be offering open practices for all PBG girl's softball players interested in getting additional instruction from some of the leagues more experienced softball coaches.

The Sunday Workout practices will be held every Sunday at 9:00am, (except holidays), from January 28<sup>th</sup> through the February 25<sup>th</sup>. The practices are available to any and all girls participating in our recreational league, regardless of age, ability or experience. The intent is to provide an opportunity for those girls interested in improving their softball skills to get some additional instruction and to learn from some of the league's more active coaches. Additionally it will provide an opportunity for the girls to interact with other players sharing a similar interest in the sport.

Coaches participating in administering the practices will include Dave Fleming, Eddie Wallace, Dave Morgan, Ken Langley, Ralph Costello, Pat Coyle, Jim Turnier, Bob Diskant, Mike Via, Mark Reid, Mitch Huhn, Joe Pinder, John Gish, Cathi Frye, Richard Gerstner, Bill Huff, Scott Lizza, John Whalen, Bobby Lint, and Joe Tucciarone.

Areas of focus will include instruction in all aspects of the game including hitting, fielding, throwing and base running. More advanced instruction in areas such as sliding, bunting, pitching and catching will be provided to age appropriate participants.

There are no costs and/or restrictions or requirements for participation, other than that of being a registered player within our program. Participation is completely voluntary and players may attend any or all of the practices provided. So, if your thinking it might be something your daughter would enjoy, come on out and give a day a try!

## \*\*\*\*\*PITCHING CLINICS\*\*\*\*\*

For any girls interested in learning the basics of girl's fastpitch pitching, we will be offering free pitching clinics during the Sunday Workouts. The clinics will introduce the basics to those girls interested in learning how to pitch. As the clinics progress, a catcher will be required to attend the clinics with each girl.