

# Brandon Valley Baseball Association

## 2010 Winter Workout

January 18, 2010 to February 20, 2010

- 5 weeks • 5 hrs per week •



Monday and Thursday afternoon/evening - Saturday mornings

Location: Legends Indoor Hitting and Training Facility  
in Sioux Falls, SD (Rice and Cleveland South 2 blocks)

The purpose of these informal workouts is to provide condensing, fundamental instruction in the areas of hitting, fielding, pitching and catching. This is so each participant can work on their strengths and weaknesses. Each participant will receive tips that they can take and apply throughout the upcoming Baseball season.

### REGISTRATION

Cost: \$75.00

PLAYER NAME: \_\_\_\_\_

PARENT / GUARDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Middle School and High School Grades only – Limited to first 48 players

6<sup>th</sup>       7<sup>th</sup>       8<sup>th</sup>       9<sup>th</sup>       10<sup>th</sup>       11<sup>th</sup>       12<sup>th</sup>

Please register online or mail this completed form and \$75.00 by January 10th to:

BVBA  
Winter Workout  
PO Box 605  
Brandon, SD 57005