



INSTRUCTIONAL FALL BALL PROGRAM

What is it? Instructional Fall Ball (IFB) is a 3plus week program for a range of players, and is designed to give opportunity for players and coaches to enhance their baseball development.

- Each session will feature warmup, and an instructional skills development component.
- We will also have game feature game play (QwikBall rules)
- Each group will have one 90-minute session each weekend, and one 75 minute session on a weekday evening.
- We will place players in the working group that appears to give them most opportunity for an enjoyable and successful camp program.

Who is it for?

- ❖ Session I – ages 9-10 (Saturday/Tuesday)
- ❖ Session II – ages 11-12 (Sunday/Wednesday)
- ❖ Each session will feature two distinct ability groups.
- ❖ Players under the age of 9 who show capacity to engage in the programs will be invited to participate.

When is it?

- ✓ Tuesday September 5 (6-8pm) Introduction and athlete placement session (individual timeslots pending)
- ✓ Saturday mornings and Tuesday evenings – Sept 9, 12, 16, 19, 23, 26
- ✓ Sunday mornings and Wednesday evenings – Sept 10, 13, 17, 20, 24, 27
- ✓ *Saturdays/Sundays – 9am to 10:30 **OR** 10:30 to noon*
- ✓ *Tuesdays/Wednesdays – 5:15pm to 6:30 **OR** 6:30 to 7:45*

Where is it?

- Diamond 10 (at Okotoks Rec Centre)

What are the Fees?

- ❖ \$150 per player
- ❖ *Deduct \$50 pp if a parent/guardian “pitches in” to help!!*

How can a family participate in this?

- Register online or us this link: <https://go.teamsnap.com/forms/388714>
- Helper tasks include: field prep/maintenance; assistant coaching; help implement QwikBall games; umpiring our mini-games