



## **FALL CLASSIC FOUNDATIONS CAMP**

When – **OCT 15 to NOV 26** Sundays – 5pm to 6:45

Ages 8 to 13 years old (Cost \$225)

**What** - An intentional instructional program for House League, novice and introductory level baseball and fastpitch players.

- Proper warm up
- Baseball athletic development
- Throw and catch progressions
- Playing infield and outfield
- Hitting foundations and frameworks
- The running game
- Indoor “Game Play “

**Where** – Calvary FC Regional Fieldhouse (ALDERSYDE)