



13 – 16 yrs: Advanced Summer Baseball Training

@ Binghamton University

BRIEF DESCRIPTION

We will be holding workouts this summer for 13 – 16 yr old baseball players.
Basically you will be signing up for 4 weeks of training, with each boy meeting twice a week.

This will be limited to 16 boys in each group

FORMAT

All 16 players will have 1 (**one**) two-hour outdoor hitting and fielding practice, and then 1 (**one**) 1 ½ hour indoor hitting workout. We will run these workouts like we do the ones for our college players at BU.

WHEN & WHERE

Mondays or Tuesday's – Outdoor hitting & fielding @ Binghamton University's Baseball Field (2 hours)

Wednesdays - Indoor hitting @ Binghamton University's West Gym Hitting Cages (1 ½ hours)

DATES & TIMES FOR THE TWO GROUPS THAT WILL MEET

Monday Outdoor

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|--------|----------------|--------------|
| Week 1 | July 5 | 12:30 – 2:30 |
| Week 2 | July 12 | 12:30 – 2:30 |
| Week 3 | July 19 | 12:30 – 2:30 |
| Week 4 | July 26 | 12:30 – 2:30 |

Wednesday Indoor

| | |
|----------------|--------------|
| July 7 | 12:30 – 2:00 |
| July 14 | 12:30 – 2:00 |
| July 21 | 12:30 – 2:00 |
| July 28 | 12:30 – 2:00 |

OR

Tuesday Outdoor

| | | |
|--------|----------------|--------------|
| Week 1 | July 6 | 12:30 – 2:30 |
| Week 2 | July 13 | 12:30 – 2:30 |
| Week 3 | July 20 | 12:30 – 2:30 |
| Week 4 | July 27 | 12:30 – 2:30 |

Wednesday Indoor

| | |
|----------------|-------------|
| July 7 | 2:00 – 3:30 |
| July 14 | 2:00 – 3:30 |
| July 21 | 2:00 – 3:30 |
| July 28 | 2:00 – 3:30 |

If you are interested in signing up for this program please send me an email to get on the interest list. Over the last two summers this program has filled up rather quickly. I'll be sending out an email sometime in May, notifying people of registration.

COST

\$ 235

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