

CHELMSFORD HIGH SCHOOL BASEBALL
SUNDAYS WINTER WORKOUT

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|-------------|--------|-----------|---------|-------------|
| December 3 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| December 10 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| January 7 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| January 14 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| January 21 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| January 28 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| February 11 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| February 18 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| February 25 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| March 4 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| March 11 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |
| March 18 | Clinic | 4 coaches | 4 cages | 7:00-8:30pm |

25 players maximum

\$200 per player

Please call 978-957-PLAY to reserve a spot in the program or sign up online at www.gametimesportsandfitness.com

There will be a strength and conditioning component included in the clinic this year with young performance at Gametime. There will be a waiver that needs to be signed before taking part in the workouts.

Checks can be made out to GAMETIME SPORTS AND FITNESS and sent to: Adam McCusker @ 1703 Middlesex Street Lowell Mass

Players Name _____

Email Address _____

Phone Number _____

