

WINTER TRAINING MSO SOFTBALL



FRIDAY NIGHT OPEN WORKOUTS

Dust off your glove and stay sharp working on a variety of softball drills (throwing, fielding, speed and agility activities). Sessions will be 45 minutes held on Friday nights between 6-9pm. Sessions will be organized by age, youngest to oldest with older kids holding later timeslots.

GRADES 2-8

Registration fee - \$125 for 6 sessions

FEBRUARY 4th, 11th, 18th at South Orange Middle School (70 N. Ridgewood Road, South Orange, NJ)
FEBRUARY 25th, MARCH 4th & 11th at Maplewood Middle School (7 Burnett Street, Maplewood, NJ)

FRIDAY NIGHT PITCHING

Want to be a pitcher? Learn from an expert and join local pitching guru Rich Vaccaro to either learn the basics or elevate your existing pitching game. For all skill levels from beginner to advanced. Sessions will be 45 minutes held on Friday nights between 6-9pm. Sessions will be organized by skill level.

GRADES 2-8

Registration fee - \$80 for 6 sessions

FEBRUARY 4th, 11th, 18th at South Orange Middle School (70 N. Ridgewood Road, South Orange, NJ)
FEBRUARY 25th, MARCH 4th & 11th at Maplewood Middle School (7 Burnett Street, Maplewood, NJ)

HITTING SUNDAY AFTERNOONS AT THE GYM

Want to learn the basics or refresh your hitting skills? Learn the keys to success from a former division 1 softball player and get some reps in the batting cage. For all skill levels from beginner to advanced. Sessions will be 45 minutes held on Sunday's between 1-4pm. Sessions will be organized by age. Specific session times will be assigned after we have received all registrations. **Open to players born in years 2012 through 2007.**

Registration fee - \$115 for 6 sessions

FEBRUARY 6th, 13th, 20th, 27th MARCH 6th & 13th at THE GYM
(1933 Springfield Ave, Maplewood, NJ)

*SPACE IS LIMITED, REGISTER NOW!
ONLINE REGISTRATION IS OPEN*

MAPLEWOOD.RECDESK.COM/COMMUNITY/PROGRAM



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