

2018 U16C Penticton Fastball

Coaches: Craig Denton, Lindsey Denton, Bob Facca, Nicola Nuttgens

Phase I – Off Season Training (Oct-Dec)



*Strength and Conditioning at The Gym – Boot camp style workouts
(Program runs for 2 months – October 17th – December 14th)*

Tuesdays (3:30 – 4:30pm) \$35 (per month)

Thursdays (3:30 – 4:30pm) \$35 (per month)

***Best Deal* Both Days \$60 (per month)**
Drop in: \$10 per class

Email Coach Craig Denton to sign up. cdenton@shaw.ca



Phase II – Winter Training (Jan-Mar)



*Winter Ball Indoor Training at the Community Centre
(Program runs for 3 months – January - March)*

Mondays (3:15 – 4:30pm) \$30*

Sundays (9:30am – 11:00am) \$30*

Both Days \$50*

**Includes a classroom session Sundays 11-12pm every second week!
(Plays, positioning, strategy, signs, etc.)*



Phase III – 2018 Season (April-June)

The 2018 Season starts the first week of April.

Games will be on Monday and Wednesday.

Practices on Friday and Saturday.

Lots of optional batting and fielding practices after school!

2 Tournaments plus Districts

Space is limited, register early!



Penticton



To sign up: Phase I - email Craig Denton, Phase II and III - online through www.pmfsa.com

Contact: Coach Craig Denton - cdenton@shaw.ca or 250-490-7910