
FALCON FASTPITCH

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Each offseason presents a great opportunity for our athletes to get into shape and improve their skills. The success of our season greatly depends on the hard work of our athletes in the offseason. What will you do in order to ensure our success next spring?

Off-Season Opportunities

Open Practices

Open Practices begin in the summer after the current season has finishes. They are designed to give athletes opportunities to practice their skills and get one-on-one coaching from our staff. These run after Falcon Camp on Mondays and Wednesdays from 12:30-2pm and take place at the softball fields. **The dates are: 6/19, 6/26, 7/8, 7/10, 7/15, 7/17, 7/22, 7/24, 7/29 and 7/31.**

Falcon Camp

The athletic department at Hanford has implemented a program in order to allow any athlete not currently participating in a sport to improve their overall athleticism and conditioning. This program will utilize traditional and non-traditional exercises and activities to improve each athlete's speed, explosiveness, agility, and overall strength. This program will run **Monday thru Thursday during the summer** in the weight room. The program will be run under the direction of the Head and Assistant coaches of the Falcon athletic teams.

Open Gyms

Open Gyms begin in January of each year and are designed to give athletes opportunities to practice their skills before the season has started. The skills portion of open gyms are run by returning Varsity athletes under the supervision of Coach Güereca and Coach Coleman. Open gyms will also include opportunities for athletes to work on their overall strength and conditioning.

After School Weight-room Workouts

This program will run **Monday thru Thursday from 2:45-3:45** in the weight room once school starts in the fall.. The workouts will utilize the same principals and objectives as Falcon camp. The program will be run under the direction of the Head and Assistant coaches of the Falcon athletic teams.

At Hanford High School we put an extreme focus on our Championship Culture and teaching our athletes to not only know our Falcon Value, but learn to live them each and every day. The Falcon Core Values are:

Family-Attitude-Leadership-Competitive-One Day-No Excuses