

# NORTHSIDE SOFTBALL WINTER WORKOUTS



WHO: ANY INTERESTED 6<sup>TH</sup>, 7<sup>TH</sup> OR 8<sup>TH</sup> GRADER WANTING TO PLAY MIDDLE SCHOOL OR JUNIOR VARSITY

LOCATION: NORTHSIDE HIGH SCHOOL AUX GYM

<b>DATES:</b>	WED. JAN 15	WED. JAN 22	WED. JAN 29	THURS. FEB 6	TUES. FEB 11
<b>TIME:</b>	3:45-5:15	3:45-5:15	3:45-5:15	6:00-7:30	3:45-5:15

ATHLETES NEED TO BRING THEIR OWN EQUIPMENT: GLOVE, HELMET, BAT, FACE MASK

INDOOR SOFTBALL ATTIRE: SHORTS/SWEATS & TENNIS SHOES

ATHLETES WILL PUT THEIR BAT BAGS IN THE LOCKER ROOM BEFORE SCHOOL STARTS IF THE WINTER WORKOUT IS AFTER SCHOOL.

ATHLETES WILL WALK TO THE HS AUX GYM TOGETHER.

ATTENDING WINTER WORKOUTS DOES NOT GUARANTEE A SPOT ON THE TEAM

ATHLETES MUST HAVE A CURRENT PHYSICAL ON FILE

TRY OUT DATES: WEDNESDAY, FEBRUARY 12 & THURSDAY, FEBRUARY 13 (\*POSSIBLY FRIDAY, FEBRUARY 14)

DATE	INDOOR TIME	OUTDOOR TIME
WED. FEB 12	4:00-5:30	4:00-5:30
THURS. FEB 13	4:00-5:30	4:00-5:30
*FRI. FEB 14	-	4:00-5:30

ADDITIONAL WORKOUTS FOR 8<sup>TH</sup> GRADERS ONLY (THESE WILL BE RUN BY THE JV/V COACHING STAFF)

<b>DATES:</b>	TUES. JAN 14	TUES. JAN 21	TUES. JAN 28	TUES. FEB 4
<b>TIME:</b>	3:45-5:15	6:00-7:30	3:45-5:15	3:45-5:15

PLEASE EMAIL COACH BRETT NEWMAN (BNEWMAN@RCPS.US) IF YOU HAVE ANY QUESTIONS