

Berrien Springs High School Softball 2017

Pitching and Hitting Workouts

Girls,

We need to start preparing for the season in January. Here are few items we need to address to make sure we are ready of the official start of the season on March 13th.

- You need to be **academically eligible**. Keep your grades up!
- You must have a **physical** on file in the office before March 13th.
- Pitchers and catchers-we need pitchers to pitch at least twice a week, three is preferable. I've arranged for gym time twice a week starting in January. Make as many as you can.
- Hitting. I've arranged for **8 hitting sessions after school**. We can only work with **four girls at a time**, so you will need to sign up. The sign up sheet will be posted in the office.
- Let me know if you have any questions. Coach Luckritz (269)325-9014

Pitching(All Ages)

Middle School

6:00-7:30 pm

January 12*

January 17

January 19*

January 24

January 26*

January 31

February 2

February 7

February 9

February 15

February 21

February 23

March 1

March 2

March 7

March 9

**Pitching Clinic*

Hitting(BSHS Players)

High School

3:00-4:30 pm

January 17

January 25

February 1

February 10

February 14

February 20

March 2

March 7

Hitting Clinic for BSHS Players

High School-Amber Layman-Instructor

10:00 am-noon

February 12

February 19

Hitting Clinic for GBSRD Players

High School-HS girls are working the clinic

1:00-3:00 pm

March 19

First day of official practice: March 13th.
Have your physicals by then!