



2017 High Performance Fall Ball
Cost - \$275 - Online Registration

<http://www.kelownaminorbaseball.com/winter-ball>

High Performance Fall Ball times, dates and locations for Midget players for 2017.

High Performance Fall Ball sessions will be used for Identification of AAA players at the 18U level to prepare them for tryouts for the 2018 season.

Starting September 7th, 2017

Tuesdays/Thursdays - 5:45pm-7:45pm @ Edith Gay Ballpark

Wednesdays – 6pm-8pm Cardio/Fitness/Nutrition Training

(Fielding Mechanics/Skill Development/Throwing Mechanics/Cardio & Conditioning - All players)

Fridays - 6pm-9pm @ Elk's Batting Cages (Throwing Mechanics/Arm Care/Catchers Mechanics - Pitchers & Catchers ONLY)

Saturdays - 4pm-9pm @ Elk's Batting Cages (Batting Sessions, Swing Analysis/Video Analysis/Skill Development - All players)

2 Tournaments – Kelowna and Vancouver

High Performance Coaching Staff

Rob Law(Head Coach 18U AAA) coachroblaw@gmail.com

Jeff Bligh(Assistant Coach 18U AAA)

