

**TEAM ELITE**

**2020 PRE-SEASON WORKOUTS**

Youth (12U-14U)

**LAST CHANCE TO PREPARE FOR THE START OF THE SEASON!!!!!!!!!!**

We are excited to again offer these workouts this year. These are a great follow up and continuation of winter workouts and even better preparation for the start of the Spring/Summer season for youth players (11U-14U). We are offering sessions/workouts on hitting, fielding, pitching, and catching. These sessions are set up for high level/high rep specific position training. They will have high coach to player ratios and group sizes will be small.

**If you did not do winter workouts, it is highly recommended to do pre season or your son will be behind!** These are designed for youth only and is the youth equivalent of “Spring Training” with access to the entire Team Elite staff.

**HITTING**: Mechanics, drills, situational hitting, mental approach

**FIELDING**: Drills, mechanics, position specifics

**PITCHING**: Mechanics, arm bands/drills, long toss, bull pens, defensive work, mental aspects

**CATCHING**: Drills, defensive/fielding work, bullpens, mental aspects

**PRICING**

8 Sessions = **$300**

12 Sessions = **$425**

16 Sessions = **$500**

* *12U -- Starts January 21 and ends February 18*
* *13U -- Starts January 21 and ends February 22*
* *14U-- Starts January 21 and ends March 7*
* *Pick your own schedule of sessions and locations*
* *Combine any sessions you want (fielding, hitting, pitching/catching, combos)*

**SESSIONS AVAILABLE**

**HITTING:**

**Winder:**  **Northgate & Sprayberry:** **Centennial:**

Tuesday 6:00 – 7:30 Monday 7:30 – 9:00 Tuesday 8:00 - 9:30

Thursday 6:00 – 7:30 Wednesday 7:30 – 9:00 Thursday 8:00 – 9:30

**FIELDING:**

**Winder:**  **Northgate:** **Centennial:**

Thursday 7:30 – 9:00 Wednesday 6:00 - 7:30 Thursday 6:30 – 8:00

**PITCHING / CATCHING:**

**Winder:**  **Northgate:** **Centennial:**

Tuesday 7:30 – 9:00 Monday 6:00 - 7:30 Tuesday 6:30 - 8:00

**COMBO: (Pitching/Catching + Hitting)**

**Winder:**  **Northgate** **Centennial:**

Saturday 9:00 – 11:00 Saturday 10:00-12:00 Saturday 9:00 – 11:00

**(includes fielding at Northgate)**

**COMBO: (Fielding + Hitting)**

**Winder:**  **Sprayberry** **Centennial:**

Saturday 11:00 – 1:00 Saturday 3:00-5:00 Saturday 11:00 – 1:00

**(includes fielding at Sprayberry)**

**REGISTRATION**

* Register online at [PRESEASON REGISTRATION](https://teamelitebaseball.sportngin.com/register/form/204549289)
* First: If you have an account, just log in and go to the pre-season workout link to register.
* If you don’t have an account, create your account then log in and go to the pre-season link to register.
* Follow the instructions and choose age group, position, fill out info, choose package, pay, choose dates, and close out.
* **CAN CHOOSE HITTING, PITCHING/CATCHING OR FIELDING, ANY COMBO OR ALL THREE**

**NO DATES ARE SAVED UNTIL PAID**

Once all is completed online, you will receive your receipt and confirmation of the dates and package (s) chosen.