



**2019 15U High Performance Winterball**  
**Cost - \$225 - Online Registration**

High Performance Winterball sessions will be used for Identification of AA and AAA players at the 15U level.

**Starting Thursday January 3rd, 2019**

Tuesdays – TBA @ Aspire Health and Performance (Baseball focused strength and conditioning – All players)

Thursdays – 5-7:30 @ Elk's Batting Cages (Batting Sessions, Swing Analysis/Skill Development - All players)

Saturdays – 11:45-1:45 - CNC (Fielding Mechanics/Skill Development/Throwing Mechanics/Cardio & Conditioning - All players)

