



2019 18U High Performance Winterball
Cost - \$375 - Online Registration

High Performance Winterball sessions will be used for Identification of AAA players at the 18U levels.

Starting Friday January 4th, 2019

Sessions are as follows:

1. Tuesdays - 5:45pm-7:45pm @ CNC (Fielding Mechanics/Skill Development/Throwing Mechanics/Cardio & Conditioning - All players)
2. Wednesdays - 6pm-7:30pm @ Conditioning – Location TBD
3. Fridays – 7:30pm-10pm @ Elk's Batting Cages (Batting Sessions, Swing Analysis/Skill Development - All players)
4. Alternating Saturdays: Either 1:45-3:35 @ CNC or 5-7 at Elk's

