

Open Gym for Eagan Fastpitch Pitchers and Catchers

Eagan Fastpitch has reserved some gym time in the evenings for “Open” gymnasium practice for pitchers and catchers to continue improving and preparing for their next season. These times have been arranged and paid for by Eagan Fastpitch; however, they are intended for “open” individual practices. There will be no EFP instruction or supervision provided at these gym times.

Rules to remember:

1. **“Softy”** softballs only (or some other soft material ball if working with your catcher)
2. You must provide your own pitcher/catcher to work with your athlete
3. A parent must remain at the gym for the duration of the athlete’s training
4. There is no registration process, so space is on a first come basis
5. Have fun, play games/drills that they enjoy, and make it something your athlete loves to do!
6. There is **no** swinging of bats allowed at open gym

Failure to follow these rules will void our permit – please be respectful!

Date	Time	Location
Sun 10/28/18	4:30 pm – 6:30 pm	Black Hawk MS – Gym A
Sun 11/04/18	4:30 pm – 6:30 pm	Deerwood Elem
Sun 11/18/18	4:30 pm – 6:30 pm	Black Hawk MS – Gym A
Sun 12/02/18	4:30 pm – 6:30 pm	Deerwood Elem
Sun 12/09/18	4:30 pm – 6:30 pm	Black Hawk MS – Gym A
Sun 12/16/18	4:30 pm – 6:30 pm	Deerwood Elem

Please take advantage of this opportunity to get in some indoor practice if your daughter is a pitcher or catcher. Don’t forget to check out the Friday night “Winter Dome” practices as well for additional practice time. Information and dates are listed on our website!

Thank you,

Eagan Fastpitch Board