

Organized Training Activities (OTAs)

January – March 2026

The program starts January 11, 2026.

D E F

BASEBALL CLUB

American Legion (session)

A baseball training opportunity open to players ages 16-18 (10-12th grade).

Register by January 7, 2026



DGF Baseball Club

ORGANIZED TRAINING ACTIVITIES (OTAs)

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DGF Baseball Club Players & Parents,

We are excited to offer an (in-house) off-season baseball training program for the 6th year. This training has allowed us to perform better in-season and reduce injury with improved arm care. We have seen positive results from this training program and will continue this focus with some modifications to our 2026 curriculum.

This is an off-season training program that focuses on core/strength development, throwing mechanics, pitching mechanics, arm strength development, hand/eye, glove work, foot work. We don't have time to focus on all aspects of baseball, as this program develops and conditions arms, pitchers, catchers, as a primary focus. This program is for the serious player who wants to develop their skills before school/summer baseball begins. This is not an open gym. We expect great effort and focus on the drills and activities to maximize our time and to improve. Participation in OTAs is not a requirement to register for summer baseball programs. OTAs are open to all athletes entering the American Legion age program and are/will be registered with the DGF Baseball Club.

We do charge a player fee to participate in these Organized Training Activities (OTAs) that run January through March. We do have expenses to cover which include equipment, coaches and gym rental. If you need assistance with paying the fee, please contact me directly to help you.

The OTAs are coached by many of our summer coaches and guest coaches we bring in for some of the sessions.

These OTA's are designed to not interfere with multi-sport athletes who participate in other activities.

Please read some additional information on the following pages of this packet to get more details on dates/times etc.

If you have any questions, please feel free to drop me an email at: allen@highpointnetworks.com.

I hope you are having a nice Holiday season!

Allen Krueger
Club Baseball Director / American Legion Coach
DGF Baseball Club
www.DGFBaseball.org

DGF Baseball Club

ORGANIZED TRAINING ACTIVITIES (OTAs)

January – March 2026



Ages 16-18 (10th-12th Grade Players)

This program is open to all DGF Baseball Club players in the American Legion Baseball program. This off-season 9-week training program offers 16 sessions to prepare players for the upcoming DGF Baseball seasons. These Winter OTAs are not required to play school or summer baseball. Participants must be registered with the DGF Baseball Club, sign a waiver of liability for the OTAs, and be registered/paid for this Winter training program. These OTAs are a fraction of the cost of baseball training at training centers and they are workouts with your DGF teammates as we build our 2026 teams.

Age Level

American Legion (ages 16-18) Grades 10-12

Skills Programs

Focus Areas: 1. Strength/Conditioning/Flexibility/Arm Care, 2. Throwing/Pitching Program, 3: Footwork/Glovework/Defensive Skills

Fee

TBD (it will be less than \$200 as we will finalize registrations and costs closer to start date.)

Payment

Check or Cash only. Please bring your payment made payable to: **DGF Baseball Club** to the January 11th Check-in Meeting.

Check-in/Player Meeting (Parents are optional to attend)

Sunday, January 11, 2025 (3:45pm) Meeting in DGF High School Cafeteria area.

Training Session Dates (2x per week)

Sundays & Wednesdays. Starting January 11th. (See Training Calendar for all dates.)

Training Location

DGF Gyms in Glyndon.

What to bring and wear

The DGF Baseball Club will provide all the equipment and training aids needed. Players should bring their fielding gloves, bat(s), batting helmets, batting gloves (optional), Catcher's equipment if you are a catcher. Players should wear comfortable clothes to work out: sweatpants/sweatshirt or T-shirt/shorts, cage jackets and baseball caps.

Registration / Deadline

Go online to register at: www.dgfbaseball.org/training **Register by: January 7, 2026**

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Training Calendar

Ages (16-18) DGF American Legion Post 397

SUNDAYS (Gym: Rebel)	WEDNESDAYS (Gym: Rebel)
Jan 11 * Ages (16-18) Check-in 3:45pm in DGF Cafeteria. Ages (16-18) OTAs (4:15-6:15pm) Pre-Testing	Jan 14 Ages (16-18) OTAs (8:00-9:30pm)
Jan 18 Ages (16-18) OTAs (4:15-6:15pm)	Jan 21 Ages (16-18) OTAs (8:00-9:30pm)
Jan 25 Ages (16-18) OTAs (4:15-6:15pm)	Jan 28 Ages (16-18) OTAs (8:00-9:30pm)
Feb 1 Ages (16-18) OTAs (4:15-6:15pm) Baseball Club "Registration Night" to follow at 6:45pm for Legion (ages 16-18) in DGF Theater.	Feb 4 Ages (16-18) OTAs (8:00-9:30pm)
Feb 8 Super Bowl Sunday – No OTAs	Feb 11 Ages (16-18) OTAs (8:00-9:30pm)
Feb 15 Ages (16-18) OTAs (4:15-6:15pm)	Feb 18 Ages (16-18) OTAs (8:00-9:30pm)
Feb 22 Ages (16-18) OTAs (4:15-6:15pm)	Feb 25 Ages (16-18) OTAs (8:00-9:30pm)
Mar 1 Ages (16-18) OTAs (3:30-5:30) Last Day HS Spring Sports Mtg to follow at 6:00pm in DGF Theater.	