

IDAHO CUBS FALL INSTRUCTIONAL LEAGUE

OPENING DAY:	TUESDAY, SEPTEMBER 6TH, 2016	
PLAYERS ELIGIBLE:	STUDENTS CURRENTLY IN HIGH SCHOOL	
PRACTICE:	MONDAY/WEDNESDAY WORK GROUP TUESDAY/THURSDAY WORK GROUP	
PRACTICE TIMES:	WEEKDAYS	3:30PM - 7:00PM
GAME TIMES:	SATURDAY/SUNDAY	12:00PM / 1:00PM
DURATION:	8 WEEKS (SEPTEMBER 6TH - OCTOBER 30TH)	
LOCATION:	TBA	
COST:	\$500	
TEAMS:	4 TEAMS (15 PLAYERS PER TEAM)	
ROSTER SIZE:	SPACE IS LIMITED TO THE FIRST 60 PLAYERS REGISTERED	

“SECURE YOUR SPOT NOW”

Take advantage of this opportunity to learn the game of baseball from the Idaho Cubs. We will cover all areas of the game, stressing the importance of fundamentals, proper drill work, reputation, routine, team defense and game situations. Our goal is to help you develop and reach your full potential in preparation for the high school season. Personal evaluation and individual instruction will be applied throughout our eight week program to help identify your strengths, weaknesses and player profile. Players will also have the opportunity to learn the importance of strength training specific to baseball, building a throwing and long toss program and overall arm care.

Registered players will practice twice a week and play two games on the weekend. Games will be played on Saturday or Sunday. Players will be drafted on one of four teams. Each roster will consist of 15 players.

Spots are limited to the first 60 players registered. Please submit your registration and payment to secure your spot.



“PREPARING YOU FOR THE NEXT STEP”

For More Information Contact Gary Van Tol at 509-389-6787

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