

# IDAHO CUBS SPRING TRAINING

OPENING DAY:	MONDAY, APRIL 3RD, 2017
PLAYERS ELIGIBLE:	6th and 7th GRADERS
PRACTICE:	MONDAY/WEDNESDAY/SUNDAY
TIMES:	4:00PM - 7:00PM (Monday/Wednesday) TBA (Saturday or Sunday)
DURATION:	8 WEEKS (16 PRACTICES AND 16 GAMES)
LOCATION:	TBA
COST:	\$500
ROSTER SIZE:	SPACE IS LIMITED TO THE FIRST 30 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 high school. Personal evaluation and individual instruction will be applied throughout our eight week program to help identify your strengths and weaknesses while learning how to play different positions on the field. 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.

Spots are limited to the first 30 players registered. Please submit your registration and payment to secure your spot at [www.idahocubs.com](http://www.idahocubs.com).



## ***“PREPARING YOU FOR THE NEXT STEP”***

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

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