

# IDAHO CUBS FALL INSTRUCTIONAL PROGRAM

OPENING DAY:	WEDNESDAY, SEPTEMBER 6TH, 2017
PLAYERS ELIGIBLE:	RECOMMENDED HIGH SCHOOL PLAYERS
PRACTICE:	MONDAY/WEDNESDAY WORK GROUP
PRACTICE TIMES:	4:00PM - DARK
GAME DAY:	SATURDAY or SUNDAY (TIMES TBA)
DURATION:	8 WEEKS (SEPTEMBER 6TH - OCTOBER 29TH)
LOCATION:	TBA
COST:	\$500
TEAMS:	2 TEAMS (15 PLAYERS PER TEAM)
ROSTER SIZE:	SPACE IS LIMITED TO THE FIRST 30 PLAYERS REGISTERED
REGISTRATION:	<b>REGISTRATION IS CLOSED. PLEASE CONTACT GARY VAN TOL TO GET ON THE WAITING LIST.</b>

## ***“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 games on the weekend. Games will be played on Saturday or Sunday.

Spots are limited to the first 30 players registered. Please contact Gary Van Tol before you submit your registration and payment.

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

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

*or [vantol@idahocubs.com](mailto:vantol@idahocubs.com)*

