

## OPYBS WINTER WORKOUT SCHEDULE

All camps held at OPRF High School

### December 18: Mechanics of Throwing, Fielding and hitting

Age	Start	End
8	10:00AM	11:30AM
9	11:30AM	1:00PM
10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### January 8: Mechanics of Throwing, Fielding and hitting

Age	Start	End
8	10:00AM	11:30AM
9	11:30AM	1:00PM
10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### January 15: Mechanics of Hitting

Age	Start	End
8	10:00AM	11:30AM
9	11:30AM	1:00PM
10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### January 22: Instructional 3 Inning Game (Putting it Together)

Age	Start	End
9,10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### January 29: Mechanics of Throwing, Fielding and hitting

Age	Start	End
8	10:00AM	11:30AM
9	11:30AM	1:00PM
10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### February 12: Mechanics of Hitting

Age	Start	End
8	10:00AM	11:30AM
9	11:30AM	1:00PM
10	1:30PM	3:00PM
11,12	3:00PM	4:30PM

### February 19: Instructional 3 Inning Game (Putting it Together)

Age	Start	End
9,10	1:30PM	3:00PM
11,12	3:00PM	4:30PM