

# Legacy Baseball

## RFYB Off-Season Training

The following baseball training programs are open to members of River Forest Youth Baseball (RFYB). Each session will feature instruction regarding batting, fielding, pitching and base-running. Sessions will be led by Legacy Baseball Director Caleb Fields and a support staff with college/professional baseball experience. After reaching a camp's capacity, waitlists will become available in the event of other players dropping out or additional sessions being added. All sessions will be held at 18w Chicago Ave in Oak Park.

**Fee: \$25 per session**

Date	Time	Age	Skill Focus
Jan 8	5-6:30 PM	8-9	Throwing, Fielding and Pitching
	6:30-8 PM	10-12	
Jan 15	5-6:30 PM	8-9	Hitting Mechanics
	6:30-8 PM	10-12	
Jan 22	5-6:30 PM	8-9	Throwing, Fielding and Pitching
	6:30-8 PM	10-12	
Jan 29	5-6:30 PM	8-9	Throwing, Fielding and Pitching
	6:30-8 PM	10-12	
Feb 12	5-6:30 PM	8-9	Hitting Mechanics
	6:30-8 PM	10-12	
Feb 19	5-6:30 PM	8-9	Throwing, Fielding and Pitching
	6:30-8 PM	10-12	
Feb 26	5-6:30 PM	8-9	Hitting Mechanics
	6:30-8 PM	10-12	
Mar 4	5-6:30 PM	8-9	Hitting Mechanics
	6:30-8 PM	10-12	
Mar 11	5-6:30 PM	8-9	Throwing, Fielding and Pitching
	6:30-8 PM	10-12	
Mar 18	5-6:30 PM	8-9	Hitting Mechanics
	6:30-8 PM	10-12	

To register go to  
[www.legacysportscamp.com](http://www.legacysportscamp.com)  
 and select RFYB Workouts.

Additional Training:

### Private/Semi-Private Lessons

The half-hour lessons are for 1-4 players at time with a Legacy baseball coach. All coaches are current or former college or professional players and coaches. This training is age-specific and player-specific and strives to help players reach their full potential.

½ Hour Private: \$45

½ Hour Semi-Private (2 players): \$75

½ Hour Semi-Private (3 players): \$90

½ Hour Semi-Private (4 players): \$110

### Instructional Classes

Legacy will be holding several instructional courses for hitting, fielding, pitching and Intro to T-Ball. For more info, please visit:

[www.legacysportscamp.com](http://www.legacysportscamp.com) or email us at [info@legacysportscamp.com](mailto:info@legacysportscamp.com)

