

THE RED DEVILS PHILOSOPHY:

We are a baseball club with primary core beliefs which focuses on:

- Integrity
- Sportsmanship
- Teamwork
- Respect

We develop not only athletes but also future leaders in our community



RED DEVILS™
Baseball Club

**WINTER
TRAINING**

2018 - 2019

SPECIFIC BASEBALL ADVANCED MECHANICS & CONDITIONING



WHY?

- **CONDITIONING DURING OFF SEASON TO KEEP YOUR YOUNG ATHLETE IN SHAPE**
- **LEARN & BASEBALL ADVANCED MECHANICS: HITTING, PITCHING, FIELDING**
- **REVIEW FOUNDATIONAL SKILL SETS & LEARN NEW TOOLS**
- **5:1 RATIO ATHLETES TO COACHES**
- **COACHING STAFF CERTIFIED BY NYS CA & CARL RIPKEN BASEBALL**
- **PROFESSIONAL FACILITIES**



WHEN & WHERE?

12 Training (2 hour) Sessions*

Dates 2018 & 2019 Schedule on Fridays 6-8PM

November: 9, 16 December: 7, 14

January: 4, 11, 18 February: 1, 8, 15

March: 1, 8

SPORTS PERFORMANCE SYSTEMS at Gaithersburg

*Hours and dates may vary



REGISTRATION

Age: Boys and Girls 10 to 12 years

Level: Intermediate

Limited Availability

Register by: October 31, 2018

COST

Two payments of \$150

1st due by Oct 31, 2018 - 2nd due by Dec 15, 2018

To make payments go to:

www.thereddevilsbaseball.com

