

ST. JOSEPH HIGH SCHOOL SOFTBALL

FREE PITCHING WORKOUTS FOR GIRLS OF ALL AGES

- Never pitched before? Not a problem; we'll get you started.
- Got pitching experience? Great! Come out and sharpen your skills.
- Bring your glove, tennis shoes, shorts/sweats.
- You need to provide a catcher (mom/dad/brother etc.).
- Feel free to pitch as often as your schedule allows.
- Come when you can, but it would be easier if 3rd-5th graders came @ 6:00 pm and 6th-7th graders came at 6:45 pm.
- Girls usually throw between 20 & 40 minutes based on age/experience

PITCHING WORKOUT SCHEDULE 2012

Day	Date	Time	Location
Tuesday	1/10	6:00-7:30	Back Gym
Wednesday	1/11	6:00-7:30	Back Gym
Tuesday	1/17	6:00-7:30	Back Gym
Wednesday	1/18	6:00-7:30	Field House
Tuesday	1/24	6:00-7:30	Back Gym
Wednesday	1/25	6:00-7:30	Back Gym
Tuesday	1/31	6:00-7:30	Back Gym
Wednesday	2/1	6:00-7:30	Back Gym
Tuesday	2/7	6:00-7:30	Back Gym
Wednesday	2/8	6:00-7:30	Back Gym
Tuesday	2/14	6:00-7:30	Back Gym
Wednesday	2/15	6:00-7:30	Back Gym
Tuesday	2/21	6:00-7:30	Back Gym
Wednesday	2/22	6:00-7:30	Back Gym
Tuesday	2/28	6:00-7:30	Back Gym
Wednesday	2/29	6:00-7:30	Back Gym
If you have any questions, contact Jeff Luckritz, SJHS Head Softball Coach @ 325-9014(cell) or e-mail @ jluckritz@sjschools.org			