

Sturt Baseball Club Senior Squad Pre-Season Training 2010/11

Pre-season training for the Sturt Baseball Club Senior Squad details are listed below. All training sessions will be held at the Sturt Baseball Club unless otherwise advised. These training times are effective from Tuesday 6 July 2010 until further notice!

Tuesdays, 4.00-5.30 pm

We will be training from 4pm till 5.30pm every Tuesday at the club. This training is optional as I am aware not all players can get there at this time.

Thursdays, 4.00-7.30pm

We will be training from 4pm till 7.30pm on Thursdays at the club. There will be a program of activities set for each player to complete. If you would like to make use of the daylight and have a throw or a hit at 4pm that would be beneficial. What time you arrive on this evening is not important - what is important is that you complete the program.

Sundays, 9.30- 12 pm

We will be training on Sunday mornings from 9.30am till 12pm at the club. During July we will be getting our arms ready and getting some batting proactive in. We will start playing internal trial games on Sundays from the start of August.

[Tony Catt](#)

Ph:0412 244 327