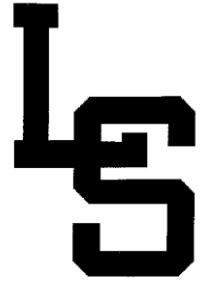
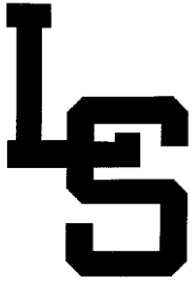


Lampeter-Strasburg High School Baseball

# 2012 YOUTH BASEBALL SATURDAY MORNING OPEN GYMS



**When:** 8 Saturday Mornings  
during January & February

**Times:** 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> graders: 8:00am to 9:00am  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> graders: 9:00am to 10:00am

**Place:** Martin Meylin Gym

**Dates:** January 7, 14, 21, 28  
February 4, 11, 18, 25

**Cost:** No Cost

These Open Gyms will be informal workouts to help elementary and middle school players improve and prepare for their upcoming Spring baseball season. These workouts will be run with the help of the L-S high school coaching staff along with several youth baseball coaches. The hour long workouts will focus on throwing, infielding, outfielding, baserunning and pitching.

## A typical Open Gym Outline:

- Stretch
- Throwing Drills
- Individual Defensive Drill
  - Infield
  - Outfield
- Base running



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**PIONEER PRIDE AND TRADITION**

