Pride | Respect | Intelligence | Determination | Effort Calgary Redbirds Baseball



Calgary Redbirds Baseball Winter Program

Calgary Redbirds Baseball Club is pleased to announce the details of the 2019 Winter Program. This program will contain a combination of the following skills: Pitching, Catching, Hitting, Fielding and Sports Conditioning.

The program will begin on Sunday October 20th, 2019 and run for 9 weeks. Instructors will be a combination of current and past Redbirds Coaches – along with some guest coaches.

Dates:

Sundays 12:00pm – 2:00pm @ The Bird Cage (Pitching, Catching and Hitting)

Mondays 7:30pm – 9:30pm @ The Coyote Den (All Baseball Skills)

Tuesdays 7:30pm – 8:30pm @ The Athlete Factory (Sports Conditioning)

Thursdays 6:00pm – 8:00pm @ The Bird Cage (Pitching, Catching and Hitting)

Fridays 5:30pm – 7:30pm @ The Coyote Den (All Baseball Skills)

Saturdays 3:00pm – 4:00pm @ The Athlete Factory (Sports Conditioning)

Program Levels:

A: All Inclusive Pass - \$1250+gst

B: 5 Days - \$1150+gst

C: 4 Days - \$1000+gst

D: 3 Days - \$800+gst

E: 2 Days - \$550+gst

F: 1 Day - \$250+gst

Sports Conditioning Only (2 Days) - \$300+gst

Priority will go to players entering the full program. Spots are limited and are confirmed upon receipt of payment.

Contact:

For more information, or to register, please contact <u>Calgary.redbirds.baseball@gmail.com</u>.

Locations:

The Bird Cage: 401, 33 Street NE – Calgary, Alberta The Coyote Den: 14, 4200 46 Ave SE – Calgary Alberta

The Athlete Factory: Bay 6, 510-77th Ave SE – Calgary Alberta





^{*}For the Sunday and Thursday Sessions, players will be given one hour during the specified hours for their session.

^{**}There will be no session on Monday November 11th