

BRAINTREE BASEBALL CLUB
PRESEASON PITCHING WORKOUTS

CAM FOX, PITCHING COACH FOR BRAINTREE HIGH BASEBALL & HEAD COACH OF BRAINTREE AMERICAN LEGION POST 86, WILL BE RUNNING PRESEASON WORKOUTS FOR ALL HIGH SCHOOL PITCHERS.

WHERE: BRAINTREE BASEBALL CLUB

COST: \$125 PER PLAYER

DATES

WORKOUTS – GRADES 9-12

WEDNESDAY JANUARY 4 (7:30PM-9:00PM)

WEDNESDAY JANUARY 11 (7:30PM-9:00PM)

WEDNESDAY JANUARY 18 (7:30PM-9:00PM)

WEDNESDAY JANUARY 25 (7:30PM-9:00PM)

WEDNESDAY FEBRUARY 1 (7:30PM-9:00PM)

WEDNESDAY FEBRUARY 8 (7:30PM-9:00PM)

CONDITIONING

WEIGHT LIFTING

LIVE BULLPENS

VIDEO WORK



IF INTERESTED PLEASE EMAIL PITCHING COACH CAM FOX WITH ANY QUESTIONS

FOX32289@GMAIL.COM