

Winter Workouts



The Skill Center Batting Cages and Training Facility will be conducting winter workouts to prepare High School baseball players for school tryouts. The winter workouts will be open for all freshmen through seniors. This will be a great opportunity to be prepared and in shape to win a spot on your school's team.

Winter Workouts will be for 7 weeks and consist of:

- 2 live batting practice sessions at the Skill Center each week
- 1 strength, speed, & agility training session each week
- 1 on field defensive practice each week

The 7 week program will begin on December 7th and the cost of the winter workouts will be \$350.

Please contact Nikki Davis at (469)337-3663 or email davis.anrd@davisskillcenter.com to sign up.

