

# 2010 Spring Baseball Workouts and Assessments

## **Rallycap:**

**Workouts:** Southdale CC gym: Sundays from 5:10 to 6:10 PM on March 21<sup>st</sup> and March 28<sup>th</sup>, and Saturday 12:00 to 1:15 PM on April 10<sup>th</sup>.

**Assessment:** Southdale CC gym: Sunday April 18<sup>th</sup> from 8:30 to 9:50 AM.

## **Rookie:**

**Workouts:** Southdale CC gym: Sundays from 6:15 to 7:30 PM on March 21<sup>st</sup> and March 28<sup>th</sup>, and Saturday 1:15 to 2:30 PM on April 10<sup>th</sup>.

**Assessment:** Glenwood Indoor hockey arena: April 17<sup>th</sup> from 10:00 to 11:00 AM.

## **Mosquito:**

**Workouts:** Southdale CC gym: Saturdays from 8:30 to 9:50 AM: Feb 27<sup>th</sup>, March 6<sup>th</sup>, March 13<sup>th</sup>, March 27<sup>th</sup>, and April 10<sup>th</sup>.

**Assessments:** Glenwood Indoor hockey arena: Sat. April 17<sup>th</sup> from 11:10 to 12:30 PM and Sun April 25<sup>th</sup> from 10:00 to 11:30 AM.

## **Peewee:**

**Workouts:** Southdale CC gym: Sundays from 8:30 to 9:50 AM: Feb 28<sup>th</sup>, March 7<sup>th</sup>, March 14<sup>th</sup>, March 21<sup>st</sup>, March 28<sup>th</sup>, and April 11<sup>th</sup>.

**Assessments:** Glenwood Indoor hockey arena: Sat April 17<sup>th</sup> from 12:40 to 2:00 PM and Sun April 25<sup>th</sup> from 12:10 to 2:00 PM.

## **Bantam:**

**Workouts:** Van Bellegham School gym: from 7:30 to 9:15 PM: Fridays Feb 26<sup>th</sup>, March 5<sup>th</sup>, March 12<sup>th</sup>, March 19<sup>th</sup>, April 9<sup>th</sup>, and April 16<sup>th</sup>.

**Assessments: TBD (you will be emailed or phoned)**

## **Midget and Junior:**

**Workouts:** Shamrock School gym: Mondays from 9:00 to 10:00 PM: Feb 22<sup>nd</sup>, March 1<sup>st</sup>, March 8<sup>th</sup>, March 15<sup>th</sup>, March 22<sup>nd</sup>, April 5<sup>th</sup>, April 12<sup>th</sup>, and April 19<sup>th</sup>.

**Assessments: TBD (you will be emailed or phoned)**

**\*\* For further details on the Workouts and Assessments, visit the SRA website at: [http://www.southdale.mb.ca/sports/spring\\_baseball.php](http://www.southdale.mb.ca/sports/spring_baseball.php)**

