

# **LSA BASEBALL & SOFTBALL OPEN HITTING PROGRAM**

**WHO:** boys and girls playing LSA summer baseball/softball age **10-14**

**WHAT:** hitting drills set up in a circuit

**WHEN:** March 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April 3<sup>rd</sup>, 6<sup>th</sup>, 10<sup>th</sup> & 13<sup>th</sup> 6:30pm-8:00pm

- Circuit should take around 60 minutes

**WHERE:** Freeport Flames Complex  
SE Corner S Liberty & E Spring Street  
Freeport IL 61032

**ENTRANCE:** Door is located on the South side. Alber Properties sign on door. The facility is on the Second Floor.

**WHY:** Warm up for Summer baseball and softball

**CONTACT:** Dean Rood 815-275-5500. please confirm before you go.

**Parents help is appreciated.**