

High School Baseball Families:

It's never too soon to start preparing for the spring high school baseball season. BCC Baseball is again offering January and February pre-season workouts.

There will be a total of 8-two hour weekend sessions and 6-one hour batting cage sessions on Mondays, Wednesdays or Fridays . After the weekend sessions start there will be a sign up for the weekly batting sessions. These workouts are open to any local high school player who would like to participate. The emphasis of the workouts will be to warm up for the upcoming season. This is a great way to prepare for High School tryouts and team practices that will begin on March 1st.

These workouts will be staffed by BCC Baseball professional coaches with high school and college coaching experience.

**Location:** BCC Baseball Indoor Facility  
40A Southlawn Court Rockville, Maryland

**Two Hour Weekend Sessions:**

Infield / Outfield Fielding & Throwing Drills  
Improve hand/eye coordination along with footwork  
Batting Cage / Hitting Drills

**Session #1** Saturdays – 3:00-5:00pm

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

**Session #2** Sundays – 9:00-11:00am

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

**Session #3** Sundays – 5:00-7:00pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

**Session #4** Sundays – 7:00-9:00pm

Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26

**Weekly Batting Cage Only Sessions:**

Batting Cages / Hitting Drills

Each player will participate in 6 – one hour weeknight batting cage sessions.

These are offered on Mondays, Wednesdays and Fridays from 5-6pm or 6-7pm

Monday dates are 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

Wednesday dates are 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

Friday dates are 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

**Price Per Player - \$350**

This includes 8 weeks of 2 hour weekend workouts and 6 weeks of 1 hour weeknight batting workouts.

**To Register:**

Go to [Bccbbaseball.com](http://Bccbbaseball.com)

Click **player registration**

Choose **“High School”** under registration category

Choose **your session**

Begin registration

**REGISTER EARLY  
THESE SESSIONS SOLD OUT QUICKLY LAST YEAR**