



2014 Pope High School Preseason Workouts

Pope High School would like to invite you to its First Annual High School Preseason Workouts provided by 6-4-3 DP Baseball. These workouts are designed to have you ready for your high school tryouts and season.

These skill workouts will include:

- **Defensive instruction focused on first step quickness, range, feeds, footwork, backhands, forehands, throwing, and more.**
- **Offensive instruction focused on set-up, repetition of load, bat path, balance, hitting with power, quality at-bats, bunting, baserunning, and more.**
- **Catching instruction focused on set-up, receiving, footwork, throwing, blocking, handling a pitching staff, and more.**

All workouts will be held at Alan C. Pope High School Baseball Complex

Wednesday, January 8th

Friday, January 10th

A portion of proceeds will go towards the Pope Baseball Booster Club!