

## WINTER BREAK CAMPS & ACTIVITIES

### GIRLS BASKETBALL Post & Perimeter Clinic

Join Dave Yates, Fremd High School Varsity Girls Basketball Coach, and former Arizona High School Basketball Coach of the Year, to improve your basketball skills. This camp focuses on developing fundamentals necessary to play the post and perimeter positions. No previous playing experience necessary.

*Ages: Grades 4<sup>th</sup> – 8<sup>th</sup>*

*Fee: \$45(one camp)/\$90(both camps)*

*Fremd High School Back Gym*

*Instructor: Dave Yates & Staff*

3100 M,T,W

10:00–11:30A Perimeter Camp

12/21–12/23

3101 M,T,W

11:00–12:30P Post Camp

3 days

### GIRLS SOFTBALL CLINIC

Fremd Vikings' coaching staff, led by varsity softball coach Jim Weaver, is offering winter softball pitching and hitting clinics for girls in grades 2-8. Great opportunity to work with Fremd staff in developing softball abilities for your future player!

*Hitting Clinic*

*Fee: \$65*

*Pitching Clinic*

*Fee: \$35*

*Fremd High School Upper Level Gym*

*Fremd High School Upper Level Gym*

*Instructor: Jim Weaver*

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3102 M,T,W

12/28–12/30

3104 M,W

12/28 & 12/30

Grades 2<sup>nd</sup> – 5<sup>th</sup> 12:00–1:30P

Grades 6<sup>th</sup> – 8<sup>th</sup> 12:30–1:30P

3103 M,T,W

12/28–12/30

3105 M,W

12/28 & 12/30

Grades 6<sup>th</sup> – 8<sup>th</sup> 1:30–3:00P

Grades 2<sup>nd</sup> – 5<sup>th</sup> 1:30–2:30P

### BOYS BASEBALL HITTING CAMP

Want to improve your swing and batting approach for upcoming spring baseball season? Join Fremd High School's freshman baseball coach, Joe Rodino, in developing your hitting skills and batting approach. The skills that will be covered include proper pre-pitch stance, proper bat position and grip, correct swing mechanics, and follow through. A bat is required to participate in drills but can be any size the camper is comfortable with. All skill levels are welcome.

*Ages: Grades 6<sup>th</sup> – 8<sup>th</sup>*

*Fee: \$110*

*2nd Level Fremd Main Gym*

*Instructor: Coach Joe Rodino*

3106 M, T, W

8:00–9:30A

12/21–12/23 & 12/28–12/29

5 days

### BOYS BASEBALL SKILLS & HITTING CAMP

Looking to improve your knowledge of the essential skills for the upcoming spring baseball season? Join Fremd High School's freshman baseball coach, Joe Rodino, in developing these essential skills. The skills that will be covered include proper grip and throwing mechanics, base running, and proper fielding mechanics and hitting. A glove and bat is required to participate in drills and baseball pants are recommended. The bat can be any size the player is comfortable with. All skill levels welcome.

*Ages: Grades 6<sup>th</sup> – 8<sup>th</sup>*

*Fee: \$75*

*2nd Level Fremd Main Gym*

*Instructor: Coach Joe Rodino*

3107 W, Th, F, M

7:30–8:45P

02/03–02/05 & 02/08 4 days