

# Challenger Baseball Camp



Dale City Little League will conduct a free Baseball Training Camp for the Challenger Players on Sunday, March 29<sup>th</sup>, from 1:00–4:00.

The camp will be held at the Rec Center Baseball Fields, 14300 Minnieville Road, Dale City, VA 22193. Fields are located behind the Dale City Rec Center at Logan Park. Access to the fields is off Delaney Road.

The players will review these basic fundamentals in 20-minute rotating stations, this is a great refresher before the season starts:

- Proper Game Warm-Ups/Calisthenics
- Throwing the Ball
- Catching the Ball – Ground balls and Fly balls
- Hitting the Ball
- Proper Base Running Skills
- Participate in a Scrimmage at the end to review skills just learned in the Camp

If you are planning to attend, please RSVP by Monday, March 23<sup>rd</sup> to Michelle Slaughter at [michelle.slaughter@comcast.net](mailto:michelle.slaughter@comcast.net).

