

# Bergieball at Playball USA

## 2021 Winter Workout Program

March 7 through April 25 (8 sessions – Every Sunday Morning)

Hey Everyone: Because of the continued pandemic, we are being forced to AGAIN change the format for the upcoming Bergieball Indoor Winter Workout Program. We will be pushing the start of the program back to March 7<sup>th</sup>. Hopefully, the current restrictions placed on us by the Governor of Illinois will have been lifted by then. So, please review the revised schedule to see what time slot your child/children would fall into. **If you are signed up already, YOU ARE GOOD TO GO! YOU ARE STILL SIGNED UP FOR EIGHT (8) SESSIONS!**

### Little Hammers (Boys and Girls - Grades K thru 4) - 7:20 am to 8:55 am (warm-ups from 7:20 to 7:30 am)

We will work on basic hitting, fielding, throwing and running fundamentals each session.

### Big Hammers (Boys and Girls - Grades 5-12) - 8:55 am to 10:30 am (warm-ups from 8:55 to 9:05 am)

We will work on basic hitting, fielding, throwing and running fundamentals each session.

- Hitting Academy (tee drills, soft-toss, machine pitch and instructor pitch provide an abundance of swings every Sunday. There will be an instructor for each hitting station making sure that all players are staying busy).
- Fielding Academy (including fundamental drills to enhance hand/eye coordination).
- Conditioning/Agility Training (sprint conditioning on the 60-yard track on the side of the practice field. Relay running at the end of each session for additional conditioning).
- Pitching/Catching Academy - this is optional for players that want to enhance their pitching/catching skills. Because of time constraints, each interested pitcher/catcher will be able to participate in this Academy every-other week. We will break off into two (2) groups because of time and space.

Weekly safety precautions as mandated by The State of Illinois... As of now, players will be required to wear masks at all times (from the time they leave their vehicle and re-enter their vehicle), provide their own hand sanitizer (must be at least 70% alcohol based), provide their own water bottle, provide their own equipment including batting gloves, bats, gloves/mitts, and helmets. No sharing will be allowed unless amongst siblings. Temperatures will be taken before entering in the main lobby prior to gaining entrance. If a child has a fever that exceeds 100°, they will unfortunately not be allowed to attend that day's session. No exceptions! Unfortunately, no parents will be allowed to spectate. Also, drop off will be in the front, pick up will be in the back.

The fee for this program is \$375.00/participant for all eight (8) sessions. **NOTE: If your child participated in the Bergieball camp in 2020, there is a \$75.00 credit (for sessions that were cancelled due to Covid-19) that you can use towards the 2021 camp.** That credit can be taken when signing up through the Playball USA portal...based on your first and last name. Registration fees are non-refundable after January 15, 2021. The only way to sign up for this camp is through the Playball USA portal. Just click on the following link...

<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3151&GroupID=2229765>

**There are full team travel discounts available. Please call Jeff Bergman for details.** I look forward to a very positive, fun and safe program for each participant! Please do not hesitate to contact me at: 630-878-0334 or [bergie@wowway.com](mailto:bergie@wowway.com) w/questions. Hope to see you all soon!

*Coach Bergie*