

Lady Dawgs



Winter Workouts

**The Lady Dawgs will be offering High School Eligible Softball
Winter Workouts**

Sessions will be: Wednesdays

January 11, 2012 through February 29, 2012

At:

Southern Middle School

Workout will cover the following:

- *Hitting*
- *Fielding*
- *Pitchers and Catchers*
- *Fitness*

Don't get caught behind the curve - get ready for spring tryouts now!

For more information contact:

Coach Margaret Butler

At:

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or 410/867-7653

Sponsored by the Deale Shorebirds

Proud to be a Southern HS Feeder Organization!