

# Marengo-Union Girls Softball Winter Training Opportunities

MUGS is offering hitting clinics and speed and agility training through the winter months. Hitting will be taught by the organization's coaches and will be set up in a "station" format. Speed and agility training will be taught by Kim Simonson owner/trainer of KTS Fitness and Performance, LLC. in Marengo.

Hitting clinics will be held on Tuesday's beginning January 17<sup>th</sup> and run until approximately March 6<sup>th</sup>.

**\*Enrollment will be done on a first come first serve basis, but we will do our best to accommodate all interested players.** The charge for each hitting session attended will be \$3.00 per player. Once we have received the player's registration, an e-mail confirmation will be sent noting the days and times chosen.

Speed and Agility will also begin Tuesday, January 17<sup>th</sup>. This training will be held on Tuesdays AND Thursdays from 5PM – 6:30 PM and will consist of 12 sessions for \$95.00 per player. **If a player is interested in participating in hitting and speed and agility, it is possible as long as the player registers for the "late" hitting slots.**

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Player's Name: \_\_\_\_\_

Player's Parents: \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

**My daughter will be attending the following hitting sessions AND/OR Speed & Agility:**

\_\_\_ 1/17 5:30-7

\_\_\_ 1/17 7-8:30

\_\_\_ 1/24 5:30-7

\_\_\_ 1/24 7-8:30

\_\_\_ 1/31 5:30-7

\_\_\_ 1/31 7-8:30

\_\_\_ 2/7 5:30-7

\_\_\_ Speed & Agility 1/17 – 2/23

\_\_\_ 2/7 7-8:30

\_\_\_ 2/14 5:30-7

5PM-6:30PM Tues & Thurs

\_\_\_ 2/14 7-8:30

\_\_\_ 2/21 5:30-7

\_\_\_ 2/21 7-8:30

\_\_\_ 2/28 5:30-7

\_\_\_ 2/28 7-8:30

\_\_\_ 3/6 5:30-7

\_\_\_ 3/6 7-8:30

**\*\*\*ALL TRAINING WILL BE HELD AT THE OLD MICELI DRAPERY BUILDING (Next to Joe's Place and the future home of the Marengo Public Library) Please mail completed form to MUGS, PO Box 171, Marengo. Payment for Speed & Agility is required with registration. The \$3.00 per hitting session is payable the day of the session or can be pre-paid with registration.**