



# 2019 Winter Softball Skills Sessions

Each 2-hour session will include:

Fitness & Conditioning

Offensive & Defensive Drills aimed at increasing confidence & skill level

Game Play & Strategy

Team Building

SAIT/MRU coaches and players available for hitting instruction (Sunday sessions)

Our goal is to give each athlete the tools needed to reach their goals.

Cost: \$200 per athlete (includes West Valley t-shirt)



## U10 & U12

Fri. Oct. 18	6 pm - 8 pm	SLS Centre
Sun. Oct. 20	10 am - 12 pm	SLS Centre
Wed. Oct. 23	6 pm - 8 pm	Bearspaw
Sun. Oct. 27	10 am - 12 pm	SLS Centre
Fri. Nov. 1	6 pm - 8 pm	SLS Centre
Sun. Nov. 3	10 am - 12 pm	SLS Centre
Fri. Nov. 8	6 pm - 8 pm	Bearspaw
Sun. Nov. 10	10 am - 12 pm	SLS Centre
Fri. Nov. 15	6 pm - 8 pm	SLS Centre
Sun. Nov. 17	10 am - 12 pm	SLS Centre
Fri. Nov. 22	6 pm - 8 pm	Bearspaw
Sun. Nov. 24	10 am - 12 pm	SLS Centre
Fri. Nov. 29	6 pm - 8 pm	SLS Centre
Sun. Dec. 1	10 am - 12 pm	SLS Centre
Fri. Dec. 6	6 pm - 8 pm	Bearspaw
Sun. Dec. 8	10 am - 12 pm	SLS Centre
Fri. Dec. 13	6 pm - 8 pm	SLS Centre
Sun. Dec. 15	10 am - 12 pm	SLS Centre

Spray Lake Sawmill Sports Centre  
(Philergos indoor turf field)  
800 Griffin Rd E, Cochrane, AB

## U14, U16 & U19

Fri. Oct. 18	6 pm - 8 pm	SLS Centre
Sun. Oct. 20	12 pm - 2 pm	SLS Centre
Wed. Oct. 23	8:30 pm - 10 pm	Bearspaw
Sun. Oct. 27	12 pm - 2 pm	SLS Centre
Fri. Nov. 1	6 pm - 8 pm	SLS Centre
Sun. Nov. 3	12 pm - 2 pm	SLS Centre
Wed. Nov. 6	6 pm - 8 pm	Bearspaw
Sun. Nov. 10	12 pm - 2 pm	SLS Centre
Fri. Nov. 15	6 pm - 8 pm	SLS Centre
Sun. Nov. 17	12 pm - 2 pm	SLS Centre
Wed. Nov. 20	6 pm - 8 pm	Bearspaw
Sun. Nov. 24	12 pm - 2 pm	SLS Centre
Fri. Nov. 29	6 pm - 8 pm	SLS Centre
Sun. Dec. 1	12 pm - 2 pm	SLS Centre
Fri. Dec. 6	6 pm - 8 pm	Bearspaw
Sun. Dec. 8	12 pm - 2 pm	SLS Centre
Fri. Dec. 13	6 pm - 8 pm	SLS Centre
Sun. Dec. 15	12 pm - 2 pm	SLS Centre

Bearspaw Christian School  
15001 69 St NW, Calgary, AB

To register contact Sherry:  
403-288-2616 | [ssca2@shaw.ca](mailto:ssca2@shaw.ca)

For questions contact Chris:  
403-771-6903 | [wvcoachchris@gmail.com](mailto:wvcoachchris@gmail.com)

Limited to 40 athletes in each age group  
Registration confirmed once payment is received  
Registration deadline is October 15th, 2019

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