

Twin City Baseball Indoor Training Schedule 2017-18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:00	ADLER: HS pitching							8:00	
8:30								8:30	
9:00								9:00	
9:30								9:30	
10:00	11U - team						13U - open	TC catcher training (ALL)	10:00
10:30									10:30
11:00									11:00
11:30								16U Blue - team	
12:00	14U Red - team								12:00
12:30							16U Red - hit/pitch		12:30
1:00									1:00
1:30									1:30
2:00									2:00
2:30									2:30
3:00									3:00
3:30									3:30
4:00		ROTHROCK: Softball 2x							4:00
4:30	ADLER: Young Guns			10U - hit/pitch			14U Blue - team		4:30
5:00									5:00
5:30									
6:00					13U hit/pitch	10U - team		6:00	
6:30			Nate 11U	11U - hit/pitch				6:30	
7:00								7:00	
7:30					14U Red - hit/pitch			7:30	
8:00								8:00	

cage / lane use	FULL facility use	contact for availability
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revised 11/9/17