



**TF PERFORMANCE**

**WILBRAHAM  
PARKS & RECREATION**



**DEVELOPING PHYSICAL AND MENTAL STRENGTH IN TODAY'S YOUTH**

# **BASEBALL AND SOFTBALL SPRING PERFORMANCE CLINIC**

**LOCATED INSIDE MEMORIAL SCHOOL GYM (WILBRAHAM, MA)**

**REGISTRATION OPEN THROUGH MARCH 5  
SPOTS ARE LIMITED!**

**75 MINUTES | ONCE / WEEK | 4 WEEKS | \$106**

| Bat Speed and Rotational Power | Arm Strength |

| Steal-Break Speed | Change of Direction Ability |

| Route Efficiency, Field Coverage, and Overall Athleticism |

**BASEBALL SESSION DATES:**

**• MONDAYS**

- MARCH 13
- MARCH 20
- MARCH 27
- APRIL 3

**SOFTBALL SESSION DATES:**

**• WEDNESDAYS**

- MARCH 15
- MARCH 22
- MARCH 29
- APRIL 5

**GRADES 3-6  
ONLY**



**SIGN UP THROUGH [WILBRAHAMMA.MYREC.COM](http://WILBRAHAMMA.MYREC.COM) TODAY!**