



For the first time ever the Ridgewood Rebels baseball team will offer Spring Training Workouts, for boy's ages from 5-14 years old. Players will learn the fundamentals of hitting, throwing, catching and base running, by our high school coaching staff and current players of our program. There is no better way to get a step up on your competition this summer, then perfecting your game with the Rebels Baseball program. The training sessions will be held at Ridgewood High School using the brand new state of the art facilities.

- Dates: Sunday March 5, Sunday March 12 and Sunday March 19.
- Times: 9am-11am
- Equipment: Bring your glove and bat (if you have one)
- Cost: \$60.00 – Payments can be made at Ridgewood at the main entrance from 8am-3pm Monday-Friday. Players will also receive a Spring Training T-Shirt for participating. All checks will be made out to Ridgewood High School with attention Vince Fanelli.

We will run the camp rain or shine, all players should come properly dressed for the weather. If you have any questions please feel free to contact Head Coach Vince Fanelli at [vfanelli@ridgenet.org](mailto:vfanelli@ridgenet.org).



