

## **MHS Baseball**

### **2019 Preseason Pitcher Workouts**

-All athletes who plan on trying out as a pitcher (primary or secondary position) please attend both workouts below for your grade level.

-Pitching Workouts will be in the South Gym at MHS.

-We need all of our catchers, suited up, at these sessions as well!

#### **Session 1**

Date: Sunday, March 10th, 2019

Time: 7:00 - 9:00 PM (During Open Gym)

**JUNIORS AND SENIORS**

#### **Session 2**

Date: Monday, March 11th, 2019

Time: 5:00 - 7:00 PM

**FRESHMEN AND SOPHOMORES**

#### **Session 3**

Date: Tuesday, March 12th, 2019

Time: 5:00 - 7:00 PM

**JUNIORS AND SENIORS**

#### **Session 4**

Date: Wednesday, March 13th, 2019

Time: 7:00 - 9:00 PM (During Open Gym)

**FRESHMEN AND SOPHOMORES**