

Indoor Hitting Circuits

These workouts are now for both the Competitive AND Instructional Leagues! Players should bring only their bats, no bags and no other equipment. Circuits take about 20 minutes. Players may participate anytime within their assigned time frame. Players may repeat circuits if time allows.

- Monday 6:00-7:00 PM Instr. League 7-9 & 10-12
- Monday 7:30-9:00 PM Comp. League 9-10 & 11-12
- Tuesday 5:30-7:00 PM Comp. League 13-14 & 15-16
- Tuesday 7:30-9:00 PM Wood Bat & Elite Team



Competitive League Outdoor Practices

There will be two outdoor practices for the Competitive League Players. These practices will be held at the Council Bluffs Sports Complex. Directions for this field and all fields are on our website at www.strikezoneomaha.com under the Strike Zone Info tab. Time for your practices will be on your game schedules and posted on the website as well.



2010 FALL COMPETITIVE PRACTICE SCHEDULE

Two Team are assigned to each field. Practice is for 1 hr. 15 min.
Show respect for field. No Batting Practice or Soft Toss into fence.
Clean dugouts and pick up any trash.

DAY	AGE GROUP	TEAM	TEAM	FIELD	AUG. 23	SEPT. 6
SUNDAY	9 - 10	1	2	CBRC #5	9:00 AM	11:00 AM
		3	4		10:15 AM	12:30 PM
		5	6		11:30 AM	2:00 PM
		7	8		12:45 AM	3:30 AM
		9	10		2:00 PM	5:00 PM
SUNDAY	11 - 12	1	2	CBRC #6	9:00 AM	11:00 AM
		3	4		10:15 AM	12:30 PM
		5	6		11:30 AM	2:00 PM
		7	8		12:45 AM	3:30 AM
		9	10		2:00 PM	5:00 PM
SUNDAY	13 - 14	1	2	CBRC #9	9:00 AM	11:00 AM
		3	4		10:15 AM	12:30 PM
		5	6		11:30 AM	2:00 PM
		7	8		12:45 AM	3:30 AM
		9	10		2:00 PM	5:00 PM
SUNDAY	15 - 16	1	2	CBRC #7	9:00 AM	11:00 AM
		3	4		10:15 AM	12:30 PM
		5	6		11:30 AM	2:00 PM
		7	8		12:45 AM	3:30 AM
		9	10		2:00 PM	5:00 PM
SUNDAY	16 - UP	1	2	CBRC #8	9:00 AM	11:00 AM
		3	4		10:15 AM	12:30 PM
		5	6		11:30 AM	2:00 PM
		7	8		12:45 AM	3:30 AM
		9	10		2:00 PM	5:00 PM

Directions to Council Bluffs Recreation Complex

- I-80 to Council Bluffs
- 24th Street Exit
- Go South 6 Blocks
- Turn Right on Richard Dowding Blvd.
- Fields will be on right

Recommended Practice Plan

- Jog
- Stretch
- Sprints
- Catch
- Long Catch, Take Infield/Outfield
- Pitchers Throw Flat-ground pen
- Go Over Signs