



## SHS & AMS Baseball Winter Workouts

The Souhegan Winter Baseball training program is designed to get players in baseball form prior to the start of the Spring season. The program is not a tryout for the spring High School & Middle School teams. Players will work on fundamentals of hitting, pitching and fielding. The coaches will be a mix of volunteers from various local programs.



**Sign ASAP to reserve a spot:**

<https://www.signupgenius.com/go/30e0544aaab2fa6ff2-souhegan>

### LOCATION

- YMCA of Greater Nashua
- 90 Northwest Blvd, Nashua, NH 03063
- <https://nmymca.org/locations/westwood-park-branch/>

### TIMING

- Sundays from 5\* pm to 7 pm for 10 weeks (\*some dates may flex to 6pm due to facility conflicts)
- Starts January 31<sup>st</sup>, ends April 11th
- Should the facility close due to weather conditions, we will work with them to try and make it up.

### WHO CAN PARTICIPATE

- Any player in grades 7-12 planning to try out for the Amherst Middle School or Souhegan High School baseball program in the Spring is eligible, and encouraged, to participate in the off-season program.
- The middle school & high school programs will practice at the same time but be divided into separate training groups to accommodate for differing levels of development. They will interact together for 30 minutes of a group activity to encourage a full team approach to the program.

### COST & PAYMENT

- Cost: \$250
- Our fee goes towards covering the facility rental costs, a neck gaiter, as well as a portion going towards our program fund raising activities.

- Coaches are not paid. They are volunteering their time.
  - As COVID19 has created much uncertainty, if the program is cancelled after it begins we will work with the YMCA to determine what portion of the fee (if any) will be refunded.
1. Sign up on SignUpGenius.com:  
<https://www.signupgenius.com/go/30e0544aaab2fa6ff2-souhegan>
  2. Mail check to: Souhegan Baseball Boosters / PO BOX 1063 / Amherst, NH 03031

## GEAR

- No metal spikes allowed. Turf shoes or running shoes only.
- Players must bring & use their own helmet
- Players must bring & use their own BBCOR -3 bat.
- Due to COVID 19 requirements a neck gaiter will be provided

## QUESTIONS

- HIGH SCHOOL: email Souhegan Varsity Baseball Coach Tom Walker ([souhegansabersbaseball@gmail.com](mailto:souhegansabersbaseball@gmail.com))
- MIDDLE SCHOOL: 7th & 8th grade participants, feel free to reach out to Jeff Wing ( [jwing@sau39.org](mailto:jwing@sau39.org) )

## YMCA COVID POLICIES

- For players coming in will include a temperature check at the front door for every player, and they will be asked to answer 6 screening questions about recent travel, exposure, or symptoms.
- The YMCA has sanitizer stations throughout the facility and asks that on the way in, players, coaches, and spectators all use sanitizer.
- Masks will need to be worn into the facility, and as of right now, players and coaches can remove their masks once the practice is ready to begin and players are actively participating.
- Any time a player is transitioning from the turf to the cages, or cages to the turf, their masks must be on.
- The player hitting in the cage can remove their mask, but any players waiting on deck for the cages will need to have their masks on.
- Parents or spectators who enter the facility will need to have their mask on at all times.
- YMCA staff sanitizes high traffic areas, and common touch points multiple times a day.
- Sanitizer spray bottles are present to spray any space down prior to use
- YMCA staff are fogging the field turf once a week, and the cage will be done at least 2x per week.