



Prepare to Be a Champion

MI Select Off-Season Training at MIBGC PEAK

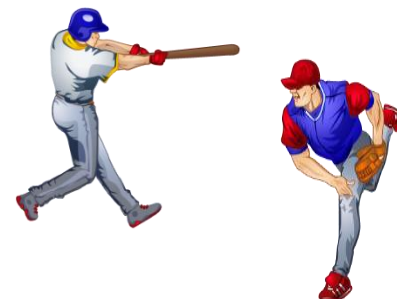
Registration is open now!



BOYS & GIRLS CLUBS
OF KING COUNTY
MERCER ISLAND BRANCH

Improve These Skills

- Hitting
- Fielding
- Throwing
- Conditioning
- Baseball "IQ"



Training DATES

Friday Nights
Jan 6, 13, 20, 27
Feb 3, 10, 17, 24

Session I 6:30-7:45pm
Session II 7:45-9:00pm

Note your time preference when registering.

Instructor

- **Dominic Woody and Staff:** Drafted in the 4th Round by the Florida Marlins as a catcher. Former University of Washington standout where he continues to hold various records. Widely considered one of the top youth coaches in the area.

Registration:

Cost: \$200 for all 8 sessions
Make check payable to: MIBGC

MAX enrollment 20 per session
You must pay in advance to hold your spot.

To Register Email: bshaddle@positiveplace.org
or

Call 206.436.1943

**MI Select Tryouts
for 9U/10U teams
will be in
February**

(Details to follow)

These sessions are designed for advanced level group training to improve overall skill improvement. There will be a maximum of 20 players per session and will be filled on a first come first served basis. Additional individual baseball training is highly recommended with these or other local training professionals.

Check www.miselect.com for more information and instructor contact info.