



Rules

- 1. Do Not Swing Your bat unless you are warming up or in the cages.**
- 2. Check around you before you start swinging your bat to make sure no one is in close proximity.**
- 3. When warming up, NO TALKING. Take your warm up serious so you do not get hurt. Go through each stretch and drill to warm up.**
- 4. Listen to what the Instructors are asking of you.**
- 5. Instructors are in charge during the sessions, listen and respect each one.**
- 6. HAVE FUN & LEARN AS MUCH AS POSSIBLE. WE ARE HERE TO HELP YOU DEVELOPE AS PEOPLE, NOT JUST ATHLETES.**