

**2018 High Performance Winterball   
Cost - $265 - Online Registration**

High Performance Winterball times, dates and locations for 18U AAA players for 2018. High Performance Winterball sessions will be used for Identification of AA & AAA players at the 18U levels.

**Starting January 2nd, 2018**

Tuesdays - 5:45pm-7:45pm @ CNC (Fielding Mechanics/Skill Development/Throwing Mechanics/Cardio & Conditioning - All players)

Wednesdays - 5pm-7pm @ Okanagan Peak Performance Instructors (Cardio/Conditioning/Nutrition - All players)

Fridays - 6pm-9pm @ Elk's Batting Cages (Batting Sessions, Swing Analysis/Video Analysis/Skill Development - All players)

Saturdays 12:45pm – 3:45pm @ CNC (Pitching Mechanics/Arm Conditioning/Video Analysis – All players)

**High Performance Coaching Staff**

Rob Law (Head Coach 18U AAA)

Jeff Bligh (1st Base Coach)

Curt Moberg (Assistant Coach)

Derek Renneberg (Pitching Coach 18U AAA)

