

2010 OVYL SENIOR BASEBALL
WINTER WORKOUT SCHEDULE

Senior Baseball Commissioner: Gary Koenig – 610-780-12583 © dkbucs@dejazzd.com

Senior Legion Head Coach: Fred VanGulik – 484-794-5816 © fvangulik@ovylbaseball.org

Junior Legion Head Coach – Mike Distasio – 610-207-2163 © mdistasio@ovylbaseball.org

Western Berks Head Coach – Corey Williamson - 610-401-1352 © wba_ehs@dejazzd.com

WORKOUT SCHEDULE

Wednesday	January 6	MS Aux Gym	6 to 9 PM	General Workout
Wednesday	January 13	MS Aux Gym	6 to 9 PM	General Workout
Wednesday	January 20	MS Aux Gym	6 to 9 PM	General Workout
Saturday	January 23	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	January 27	MS Aux Gym	6 to 9 PM	General Workout
Saturday	January 30	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	February 3	MS Aux Gym	6 to 9 PM	General Workout
Saturday	February 6	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	February 10	MS Aux Gym	6 to 9 PM	General Workout
Saturday	February 13	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	February 17	MS Aux Gym	6 to 9 PM	General Workout
Saturday	February 20	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	February 24	MS Aux Gym	6 to 9 PM	General Workout
Saturday	February 27	HS Aux Gym	10AM to Noon	Pitchers & Catchers
Wednesday	March 3	MS Aux Gym	6 to 9 PM	General Workout
Saturday	March 6	MS Main Gym	10AM to Noon	Pitchers & Catchers
Wednesday	March 10	MS Aux Gym	6 to 9 PM	General Workout
Saturday	March 13	MS Main Gym	10AM to Noon	Pitchers & Catchers
Wednesday	March 17	MS Aux Gym	6 to 9 PM	General Workout
Saturday	March 20	MS Main Gym	10AM to Noon	Pitchers & Catchers
Wednesday	March 24	MS Aux Gym	6 to 9 PM	General Workout
Saturday	March 27	MS Main Gym	10AM to Noon	Pitchers & Catchers
Wednesday	March 31	MS Aux Gym	6 to 9 PM	General Workout