

Total Sports Farmington  
22777 Farmington Road  
Farmington, MI 48374

# TOTAL SOFTBALL PITCHING REPS

The Pitching Reps class will focus on players receiving a high volume of pitching repetitions to supplement their individual training. Areas of emphasis will be on speed, building stamina and endurance, location and movement.

Be prepared for intense 60 minutes of pitching.

Wednesday's

11/3/21 - 3/30/22

No class 11/24, 12/22, 12/29

Ages 9-18 years old

Turf/Tennis Shoes - NO METAL CLEATS!

Class is limited to 15 pitchers/class

RSVP with Jess Volpe weekly

**Catcher is REQUIRED!**

7:00-8:00pm **OR** 8:00-9:00pm

\$30/class - Pay as you go

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