

The Pittsburgh Tigers and GBWAA are conducting a speed and agility camp throughout the fall. The camp will be at Leyland field complex and taking place on Sunday mornings during September and October.

The program will be run by All American Baseball Center Strength & Speed Coordinator Brian Chrisman and Katie Lee, Director of Parissi Speed School in North Huntington. The camp is open to all athletes age 9 yrs. old and up. The emphases of the program will be on baseball and softball, but we invite all athletes interested in increasing speed and agility to attend. Cost is \$40.00 for the two month program. After the speed and conditioning segment, some instruction on fundamentals of baseball and softball will take place for a short period. After these segments age groups will be broken up and use age appropriate fields and have short pick up games. This program is designed to lead us into winter camps at an indoor facility that the tigers and GBWAA have been running.

We also encourage any boy interested in trying out for the various Tiger/GBWAA AAU teams to attend these workouts.

For more information contact Casey Chrisman at casey51011@verizon.net or Sam Palermo, at sampalermo@comcast.net.