

# SKILLS STRENGTHENING

**LEARN  
FROM  
THE  
BEST TO  
BE THE  
BEST!**



**JENNIE RITTER & MEGHAN GRYBB  
PRESENT**

## **PITCHING & CONDITIONING**

**SKILLS STRENGTHENING PRACTICE**

**CECIL FIELD  
13611 NORMANDY BLVD.  
JACKSONVILLE, FLORIDA**

**FRIDAY, SEP. 3, 2010**

**Session 1 Conditioning or Pitching:  
6:00pm - 7:00pm**

**Session 2 Conditioning or Pitching:  
7:00pm - 8:00pm**

CONDITIONING SESSIONS ARE OPEN TO ANY SOFTBALL PLAYER, ANY POSITION

**\$10.00  
Per  
Session**

### **WHAT TO BRING...**

**First Come First Serve OR**

**Call Ahead to Reserve a Spot!**

**(734) 646-8649**

#### **PITCHING:**

**A CATCHER  
YOUR FAVORITE PITCHING BALL(S)  
CLEATS AND GLOVE**

#### **CONDITIONING:**

**TENNIS SHOES  
CLEATS AND GLOVE**

Visit [www.JennieRitter15.com](http://www.JennieRitter15.com) For More Information and Additional Practice Dates