

# Fox Chapel Softball

***Decide. Commit. Succeed.***

**Calling all Fox Chapel Area Girls who are interested in softball.....**

Softball is my passion! Last year was my first year as head coach of the Fox Chapel Varsity Softball Team. Now that my feet are wet, I am ready to jump in and develop our program to its fullest potential. To do this, we need you! Below, please find information on our upcoming winter instructional workouts.

***Hope to see you there! Coach Lisa***

## **Winter Instructional Workouts**

The Fox Chapel High School Varsity Softball Coaching Staff, along with our varsity softball players, will work with players ages 7-13, who are interested in learning and working on fundamental softball skills. **ALL SKILL LEVELS, INCLUDING BEGINNERS ARE WELCOME!** We will separate players according to age and skill level. Players will need to have their own softball equipment (gloves, bats, protective equipment). No sign up is necessary and there is no cost. Please arrive 15 minutes early to provide names and contact information.

### **Dates/Times:**

- Saturday, November 5, 2016 – 1:00 PM – 3:00 PM – High School Aux Gym
- Saturday, December 17, 2016 – 1:00 PM – 3:00 PM – High School Aux Gym
- Saturday, January 14, 2017 – 1:00 PM – 3:00 PM – High School Aux Gym
- Saturday, January 28, 2017 – 1:00 PM – 3:00 PM – High School Aux Gym
- Saturday, February 4, 2017 – 1:00 PM – 3:00 PM – High School Aux Gym
- Saturday, February 11, 2017 – 1:00 PM – 3:00 PM – High School Aux Gym

*If you have any questions, please contact me at 412-527-0106 or [lisamariehess@comcast.net](mailto:lisamariehess@comcast.net)*