



NORTH SHORE

Whitecaps

BASEBALL

2018-19 Practice Schedule

Fall Practices

There will be several practices during the month of September. The practices will be held at the Dawg Pound and the times will be 5:00-6:30 for M-F practices and 4:00-5:30 for Sunday practices.

U9	Sept 5, 10, 12, 19, 24, 26
U10	Sept 7, 17, 24, 26, Oct 1, 3
U11/12	Sept 5, 12, 19, 24, 26, Oct 3
U13	Sept 6, 11, 18, 20, 25, 27
U14	Sept 9, 12, 16, 23, 26, 30

Off-Season Training Program

Starting October 22nd, a flexible, focused Off-Season Training Program will be offered in collaboration between North Shore Whitecaps and Milwaukee Baseball Academy. Sessions include training in pitching, hitting, catching and overall athletic conditioning. The first hour of the session is the baseball component and the second hour is athletic conditioning. Whitecaps player fees do not include this program but Whitecaps players will receive a 25% discount on their training sessions. This program is not required for players but coaches strongly recommend participation, as the players who participate have a baseball-ready edge once team practices begin in January. We would recommend that families plan on using their sessions prior to mid April due to the busyness of the upcoming baseball season. Registration will be available at milwaukeebaseballacademy.com.

*Catcher's training sessions are still being organized, possibly Sunday evenings.

Age	Monday Hitting or Pitching	Thursday Hitting or Pitching	Saturday Pitching or Fielding
6-9 Year olds	N/A	4:30 PM - 6:30 PM	9:00 AM - 11:00 AM
10-12 Year olds	5:30 PM - 7:30 PM	5:30 PM - 7:30 PM	12:00 PM - 2:00 PM
13-14 Year olds	6:30 PM - 8:30 PM	6:30 PM - 8:30 PM	11:00 AM - 1:00 PM
High School	7:30 PM - 9:30 PM	7:30 PM - 9:30 PM	10:00 AM - 12:00 PM

Winter Practices

During winter, the players will practice twice per week. The player will attend the team practice listed below on a weekly basis. The other weekly practice will be the player's choice of one of the ongoing training sessions listed above. These training sessions from January 7 - March 31 are included in your Whitecaps fee.

Age	January 9th, 16th, 23rd, 30th	February 6th, 13th, 20th, 27th	March 6th, 13th, 20th, 27th
U10	4:30 PM - 6:30 PM	6:30 PM - 8:30 PM	4:30 PM - 6:30 PM
U11/12	6:30 PM - 8:30 PM	4:30 PM - 6:30 PM	6:30 PM - 8:30 PM
U13	6:30 PM - 8:30 PM	4:30 PM - 6:30 PM	4:30 PM - 6:30 PM
U14	4:30 PM - 6:30 PM	6:30 PM - 8:30 PM	6:30 PM - 8:30 PM
Age	January 7th, 14th, 21st, 28th	February 4th, 11th, 18th, 25th	March 4th, 11th, 18th, 25th
U9	4:30 PM - 6:30 PM	4:30 PM - 6:30 PM	4:30 PM - 6:30 PM

Spring and Summer--(Regular Season)

The spring schedule will likely be available in early March. Our practices will move outdoors as soon as the weather and field conditions permit. We will practice, scrimmage or play a league game at least 2 times per week. This will help us focus on the development of the player's skills by using mass repetitions during practices, while gaining important situational game play experience as well.

Off-Season Training Program Fees

Sessions (2 hours)	MBA fee	Whitecaps fee	Whitecaps fee/session
1	\$100.00	\$75.00	\$75.00
5	\$350.00	\$262.50	\$52.50
10	\$560.00	\$420.00	\$42.00
20	\$905.00	\$678.75	\$33.94
30	\$1,110.00	\$832.50	\$27.75
40	\$1,320.00	\$990.00	\$24.75
50	\$1,525.00	\$1,143.75	\$22.88
60	\$1,730.00	\$1,297.50	\$21.63
70	\$1,905.00	\$1,428.00	\$20.40
80	\$2,080.00	\$1,560.00	\$19.50