



# Grand Forks Youth Baseball Association

## GFYBA INDOOR DEVELOPMENTAL WORKOUTS

Gambucci Arena. 122 7th Ave S, Grand Forks, ND 58201

Please use the East or South Main Entrance.

### What to Expect:

- Please arrive **10 minutes early**
- Players will practice pitching, hitting, and fielding fundamentals.
- Practices are fast paced and designed to give players the **maximum amount of reps** possible.
- Coaches are focused on teaching the basics along with building **positive relationships** with the players
- Each player is **expected to bring tennis shoes, athletic shorts or pants, baseball cap, water bottle, and a fielding glove.**
- It's **highly recommended** all players have their own baseball helmet, bat, batting gloves, athletic supporter, and equipment bag. However, bats and helmets will be available if needed.  
Please put your player's name on all gear.

The indoor Gambucci baseball sessions provide a healthy activity for players to **develop arm strength**, get to know coaching staff, work on basic baseball fundamentals, and prepare for tryouts.

Please reach out if you have any questions!

Aaron Schauer, GFYBA League Director - schauerpower15@gmail.com

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