



**DC DYNASTY'S WINTER BASEBALL
CAMP AND TEAM WORKOUTS
2012**

LOCATION: NEXT LEVEL (5420 BUTLER RD BETHESDA MD)

11 & 12U PROSPECTS

Saturdays - January 7th, 14th, 21st, & 28th Batting & Pitching Workouts 5-6:30PM
Saturdays - February 4th, 11th, 18th, & 25th Batting & Pitching Workouts 5-6:30PM
Cost: \$350 (16 campers max)

13 & 14U PROSPECTS

Saturdays - January 7th, 14th, 21st, & 28th Speed and Agility Training 4-5:00PM
Saturdays - February 4th, 11th, 18th, & 25th Speed and Agility Training 4-5:00PM
Ryan Long: Certified Personal trainer (CPT), Specialist in Sports Conditioning (SSC)
Location: Woodrow Wilson SHS, 3950 Chesapeake Street NW DC

Sundays - January 8th, 15th, 22nd, & 29th Cage Junkies Program 3-4:00PM
Sundays - February 5th, 12th, 19th, & 26th Cage Junkies Program 3-4:00PM
Cost: \$450 (16 campers max)

18U PROSPECTS

Saturdays - January 7th, 14th, 21st, & 28th Cage Junkies Program 6:30-8PM
Saturdays - February 4th, 11th, 18th, & 25th Cage Junkies Program 6:30-8PM
Sundays - January 8th, 15th, 22nd, & 29th Bullpens & Defense 8:30-10:00PM
Sundays - February 5th (no camp), 12th, 19th, & 26th Bullpens & Defense 8:30-10PM
Cost: \$450 (20 campers max)

*Please RSVP by sending payment to DC Dynasty, 4113 18th Street NE, Washington DC 20018
(CAMPS FILL UP QUICKLY, LIMITED SPACE)