

SPRING BASEBALL

April 8 - 29

Saturday Afternoons

6 - 10 yrs: 2- 3 PM 11 & older: 3- 4 PM

Courage League Sports is excited to bring back adaptive baseball.

In Major League Baseball, spring training is a series of practices and exhibition games preceding the start of the regular season. At Courage League, our Spring Baseball Training is before the Miracle League Season allowing youth with special needs an opportunity to prepare and train before Opening Day.

Each team will participate in 30 minutes of drill and station work followed by 30 minutes of a timed and scored game - all of which, will be adapted based on the needs of each team and athlete.

Standing | Wheelchair | Push Baseball

We will have some gloves, but if you have one, please bring it.

Free for members & punch card holders

Non-members: \$25

To Register: Call 515-421-4021 or email info@couragelaeguesports.com

This is not an Urbandale Community School District publication. The UCSD neither endorses nor sponsors this organization or activity represented in this material. It is being distributed through the school district as a courtesy to inform families of community activities, opportunities, and services available.

