



# OTTAWA HILLS HIGH SCHOOL SOFTBALL CONDITIONING



## WHAT:

Conditioning for the 2023 OHHS Softball Team

## WHEN:

Monday, Wednesday & Friday

3:45-5:15 pm - Softball Skill Work & Conditioning

5:15-5:45 pm - Strength Training

(must attend softball skill work & conditioning to be able to attend strength training)

## WHERE:

Ottawa Hills Balcony

## QUESTIONS:

Contact Coach Dekker at 616.284.0786 (home, no text) or 616.526.7869 (work, no text) or [mary.dekker@calvin.edu](mailto:mary.dekker@calvin.edu)

## IMPORTANT REMINDER

\*Sports physical required.