



Winter Workouts are designed to offer SMITHTOWN WEST baseball players in grades 7 and 8 a chance to prepare for the upcoming season. This pre-season training will be a 4 week program that will lead up to the middle school season.

**\*\* Program emphasis will be on hitting, throwing mechanics, and fielding fundamentals\*\***

**Dates: FEBRUARY 7, 13 (THURSDAY), and 28, March 6th.**  
**When: 3 FRIDAY NIGHTS & 1 THURSDAY NIGHT 7:00 – 9:30**  
**Who: First 30 players to sign up (ACCOMPSETT & GHMS )**  
**Location: Smithtown West High School West**  
**Fee: \$200**

Registration and payment can be made via the SMITHTOWN BOOSTER CLUB website:

[WWW.SMITHTOWNBOOSTERCLUB.COM](http://WWW.SMITHTOWNBOOSTERCLUB.COM)

**The Staff will be determined by the amount of students that sign up to attend**

Al Nucci – Varsity                      Tom Cameron – Varsity                      Chris Gunsel – JV  
Mike Klee – Great Hollow              Jay Lewandowski – Varsity                      Tim Kopiske – Accomsett

**Players should bring a glove, sneakers, bat, HAT, and SWEATSHIRT and SWEATPANTS**  
**If weather allows us to use the lighted Football Turf we will go outside for a short time**  
**Any questions please contact Al Nucci at 382 – 2873 or [anucci@smithtown.k12.ny.us](mailto:anucci@smithtown.k12.ny.us)**