

TOBERMAN RECREATION CENTER

1725 Toberman Street, Los Angeles, CA 90015

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BASEBALL



PROGRAM OF TRAINING:



FUNDAMENTAL SKILLS

Focus on hitting, fielding, pitching, and catching techniques through drills.



FITNESS AND CONDITIONING

Implement warm-up routines, strength training, agility exercises.



GAME STRATEGIES

Teach base running, defensive/offensive strategies, and conduct game simulations.



TEAM BUILDING ACTIVITIES

Interactive games and activities designed to promote teamwork and communication.



REGISTRATION BEGINS: FEBRUARY 3, 2025



T-ball 2019-2020
PeeWee 2016-2017
Minors 2014-2015
Majors 2012-2013
Juniors 2009-2011

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Person with disabilities are welcome to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Activities and programs may be subject to cancellation. Achieving gender equity through a continuous commitment to girls and women in sports.