

Kerr Softball

Our season will start around August 20.

Summer workout schedule:

Run at least 3 times a week.

25-29 June run at least a ¼ mile.

2-6 July run at least ½ mile.

8-13 July run at least 1 mile.

Our first week of practice will be conditioning 23-27 July at Kerr from 9:00am to 11:00am.

This will be MANDATORY CONDITIONING.

We will be in the Gym. Wear running shoes. No Cleats.

Regular practice will start on 30 July at Kerr from 9:00am to 11:00am

We will be trying to set up some voluntary practices or batting cage times during the summer.

They will be announced through REMIND so be sure to sign up

First day of school is 17 August.

****You must have an athletic physical on file BEFORE you can practice any sport****

****All Rank one forms need to be filled out before practice****

****Softball Contract needs to be signed and returned****

REMIND:

Text @kmssb2018 to 81010

Please include your first and last name

If 81010 does not work use (405) 494-8158

I will use this to send out messages for the team.

You can use this to get messages to me.

If you need to contact me either use REMIND or you can email me at kmoss@mid-del.net

Thanks

Coach Moss