

## The Fort Bend Texans Sports Association

a 501(c)(3) nonprofit corporation "Better baseball, Better men"



January 6, 2009

The Fort Bend Texans wish you and your families a Happy New Year!

We are very pleased and excited to announce that the Fort Bend Texans has entered into a dual partnership with Velocity Sports Performance in Missouri City. **All Fort Bend Texans instructors will be able to conduct their private lessons at the beautiful multi-purpose indoor Velocity Sports Performance facility. In addition, Velocity professional certified instructors will be providing weekly speed and agility training for our FBTSA athletes.** Velocity is highly recognized as providing professional instruction in the areas of speed and agility development. The speed and agility training will complement the baseball skills instruction provided by the FBTSA coaching staff. There is no additional cost to you – the fees for speed and agility training are included in the existing player fees.

Our spring 2009 practice regime and schedules are now set. Spring practices will begin the week of January 13. Both new and returning players should attend as scheduled for your age group:

<b>Division</b>	<b>Day</b>	<b>First Date</b>	<b>Time</b>	<b>Location</b>	<b>Description</b>
<b>8U</b>	Thursdays	15-Jan	6:00 - 7:00	Velocity	Speed & agility, hitting, pitching, fielding (combined with 10U)
	Sundays	18-Jan	3:30 - 4:30	WSL Jr/Sr	Conditioning, hitting, pitching, fielding
<b>10U</b>	Thursdays	15-Jan	6:00 - 7:00	Velocity	Speed & agility, hitting, pitching, fielding (combined with 8U)
	Sundays	18-Jan	2:30 - 3:30	WSL Jr/Sr	Conditioning, hitting, pitching, fielding
<b>11U/12U</b>	Tuesdays	13-Jan	6:00 - 7:00	Velocity	Speed & agility, hitting, pitching, fielding
	Sundays	18-Jan	1:00 - 2:30	WSL Jr/Sr	Speed & agility, hitting, pitching, fielding
<b>13U/14U</b>	Tuesdays	13-Jan	7:00 - 8:30	Velocity	Infielders/Catchers: speed, agility, hitting, catching
	Thursdays	15-Jan	7:00 - 8:30	Velocity	Outfielders/Pitchers: speed, agility, hitting, pitching bullpens
	Saturdays	17-Jan	12:00 - 3:00	WSL Jr/Sr	Speed & agility, hitting, pitching, fielding

13U/14U please note that you may only attend one indoor Speed & Agility session per week at Velocity. You will also receive Speed & Agility training on the weekend, for a combined two Speed & Agility practices per week.

A friendly reminder: Please register for the Spring/Summer session as soon as possible.

We look forward to a wonderful 2009 baseball season.

Fort Bend Texans Staff