

# WINTER SKILLS PROGRAM

with  
**Coach Ally Hickman**



*Former Towson University Infielder*

Kickstart your Spring 2026 season with a consistent training program to improve skills in all areas of the game with Former DI player Coach Ally Hickman. Limited to only 6 spots, each week, players will cover fundamental instruction, learn new drills to take-home, and work through various skills to ensure quality reps. All sessions are aimed to feel like a group private lesson to provide helpful feedback and individual improvement.

## WEDNESDAY NIGHTS IN JANUARY

**DATES:**

January 7, 14, 21 & 28, 2026  
7:30-8:30 PM

**AGES/TIME:**

Ages 12-18

**SKILLS/TOPICS COVERED:**

- Throwing, Receiving & Transfers
- Hitting & Bunting
- Mental Game & IQ

**COST:**

\$200 (includes all 4 sessions)

**LOCATION:**

Rick Dempsey's Baseball Warehouse  
9515 Gerwig Lane, Suite 108  
Columbia, MD 21046

**REGISTER:**

Go to [www.thebaseballwarehouse.com](http://www.thebaseballwarehouse.com)  
Click on Camps/Events - SOFTBALL

**CONTACT:** Email [ally@thebaseballwarehouse.com](mailto:ally@thebaseballwarehouse.com) with any questions