

A yellow softball with black stitching is positioned on a brown dirt field with white chalk lines. The background is a blurred view of the field.

# Lady Bears Softball

## 2022

PRACTICE STARTS:

**MONDAY MAY 2<sup>ND</sup>**

**3:45 – 6:00**

Need: glove, pants, cleats (tennis shoes),  
water bottle

Talk to Coach Helton prior to practice if you  
don't have needed items.

TeamLinkt or [Jessica.Helton@dmschools.org](mailto:Jessica.Helton@dmschools.org)

*The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent. – Arnold Schwarzenegger*