



FLYING SPIKES

Promoting Baseball and Softball for the next generation of athletes

THE METROS ONLY 24 HOUR INDOOR BASEBALL/SOFTBALL FACILITY

EXPERIENCE SEVEN DIFFERENT TRAINING STATIONS

- Two “Iron Mike” Pitching Machine Tunnels
- “Coach Pitch” Batting Cage with Protective Screen
- Batting Cage with Soft Toss Machine
- Hitting Tee Cage
- Full-Length Pitching Cage with Official Height Pitching Mounds
- 80 Ft Long Toss Cage

Flying Spikes
1650 Fuller Road
West Des Moines, IA 50265
(South of Holiday Park in WDM)

**COACHES: A LIMITED
NUMBER OF TEAM PRACTICE
SLOTS ARE AVAILABLE**

Questions? E-mail us at
info@flyingspikes.com

Visit our website at
www.FlyingSpikes.com

**FAMILY MEMBERSHIPS ARE
ONLY \$60 PER MONTH!**