

Seneca Valley Baseball Conditioning Schedule
Varsity and J.V.
(10th, 11th, and 12th Grade)
2024-2025

Date	Location	Who	Time
1/6/25	I.H.S. Gym	ALL	5:00-7:00 pm
1/7/25	I.H.S. Gym	ALL	5:00-7:00 pm
1/9/25	Baseball Building	Infielders	5:00-7:00 pm
1/14/25	Baseball Building	Pitchers	5:00-7:00 pm
1/15/25	Baseball Building	Outfielders	5:00-7:00 pm
1/16/25	Baseball Building	Infielders	5:00-7:00 pm
1/21/25	I.H.S. Gym	ALL	5:00-7:00 pm
1/22/25	Baseball Building	Pitchers	5:00-7:00 pm
1/23/25	Baseball Building	Outfielders	5:00-7:00 pm
1/28/25	Baseball Building	Infielders	5:00-7:00 pm
1/29/25	Baseball Building	Pitchers	5:00-7:00 pm
1/30/25	Baseball Building	Outfielders	5:00-7:00 pm
2/3/25	I.H.S. Gym	ALL	5:30-7:30 pm
2/4/25	I.H.S. Gym	ALL	5:30-7:30 pm
2/6/25	I.H.S. Gym	ALL	7:00-9:00 pm
2/10/25	I.H.S. Gym	ALL	3:00-5:00 pm
2/11/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/13/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/18/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/19/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/20/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/24/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/25/25	I.H.S. Gym	ALL	3:00-5:30 pm
2/27/25	Baseball Building	ALL	3:00-5:30 pm

Tryouts- March 3rd
SCHEDULE TO BE ANNOUNCED