

Seneca Valley Baseball Conditioning Schedule

Varsity and J.V

(10th, 11th, and 12th Grade)

2025 – 2026

SEMEGA= S

MAGILL = M

HAYWARD = H

PARENTI = P

FLOOD = F

<u>Day</u>	<u>Place</u>	<u>Who</u>	<u>Time</u>	<u>Coaches</u>
Mon. Jan. 5 th	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	S, M, P
Tues. Jan. 6 th	Baseball Building	Infield	3:00 – 5:00 p.m.	H, F
Thurs. Jan. 8 th	Baseball Building	Outfield	3:00 – 5:00 p.m.	H, F
Mon. Jan. 12 th	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	S, M, P
Tues. Jan. 13 th	Baseball Building	Infield	3:00 – 5:00 p.m.	H, F
Thurs. Jan. 15 th	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	S, M, P
Tues. Jan. 20 th	Baseball Building	Outfield	3:00 – 5:00 p.m.	H
Wed. Jan. 21 st	Baseball Building	Pitchers	5:00 – 7:00 p.m.	M, P
Thurs. Jan. 22 nd	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	S, M, F
Mon. Jan. 26 th	I.H.S. Gym	ALL	6:00 – 8:00 p.m.	M, P
Tues. Jan. 27 th	Baseball Building	Infield	3:00 – 5:00 p.m.	H, F
Thurs. Jan. 29 th	Baseball Building	Outfield	3:00 – 5:00 p.m.	H, F
Mon. Feb. 2 nd	I.H.S. Gym	ALL	6:00 – 8:00 p.m.	S, H, P
Tues. Feb. 3 rd	Baseball Building	Infield	3:00 – 5:00 p.m.	H, F
Thurs. Feb. 5 th	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	S, M, P
Mon. Feb. 9 th	I.H.S. Gym	ALL	3:00 – 5:00 p.m.	US ALL
Tues. Feb. 10 th	Baseball Building	Pitchers	3:00 – 5:00 p.m.	US ALL
Wed. Feb. 11 th	I.H.S. Gym	ALL	3:00 – 5:00 p.m.	US ALL
Tues. Feb. 17 th	I.H.S. Gym	ALL	5:00 – 7:00 p.m.	US ALL
Wed. Feb. 18 th	I.H.S. Gym	ALL	3:00 – 5:00 p.m.	US ALL
Thurs. Feb. 19 th	Baseball Building	Outfield	3:00 – 5:00 p.m.	US ALL
Mon. Feb. 23 rd	I.H.S. Gym	ALL	3:00 – 5:00 p.m.	US ALL
Tues. Feb. 24 th	Baseball Building	Pitchers	3:00 – 5:00 p.m.	US ALL
Wed. Feb. 25 th	I.H.S. Gym	ALL	3:00 – 5:00 p.m.	US ALL

TRYOUTS

March 2nd

SCHEDULE TO BE ANNOUNCED