

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

<b>Date</b>	<b>Location</b>	<b>Who</b>	<b>Time</b>
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	3:00-5:00 pm
2/19/25	I.H.S. Gym	ALL	5:00-7:00pm
2/20/25	I.H.S. Gym	ALL	5:00-7:00 pm
2/24/25	I.H.S. Gym	ALL	3:00-5:00 pm
2/25/25	I.H.S. Gym	ALL	3:00-5:00 pm
2/27/25	Baseball Building	ALL	3:00-5:00 pm

**Tryouts- March 3<sup>rd</sup>**  
**SCHEDULE TO BE ANNOUNCED**