



Seneca Valley SOFTBALL - V/JV Conditioning Schedule

(as of 12-20-2023)

Activity	Time	Location	Location Detail
WEDNESDAY, JAN 03, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, JAN 04, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, JAN 09, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, JAN 10, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:15pm	Baseball Building	
THURSDAY, JAN 11, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, JAN 16, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, JAN 17, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, JAN 18, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, JAN 23, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, JAN 24, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	

Activity	Time	Location	Location Detail
THURSDAY, JAN 25, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, JAN 30, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, JAN 31, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, FEB 01, 2024			
SOFTBALL - V/JV Conditioning	6:00pm-8:00pm	GYM - I HS	
TUESDAY, FEB 06, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, FEB 07, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, FEB 08, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, FEB 13, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, FEB 14, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, FEB 15, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, FEB 20, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, FEB 21, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	

Activity	Time	Location	Location Detail
THURSDAY, FEB 22, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
TUESDAY, FEB 27, 2024			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
WEDNESDAY, FEB 28, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
THURSDAY, FEB 29, 2024			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	