

# Junior High Baseball Conditioning 2024

**\*\*UPDATED 2/1/24\*\***

Date	Location	Time	Grade
2/1/2024	Baseball Building	3:00-5:00	9th
2/8/2024	Baseball Building	3:00-5:00	8th/7th
2/13/2024	IHS Gym	3:00-5:00	9th
2/15/2024	Baseball Building	3:00-5:00	8th/7th
2/20/2024	IHS Gym	5:30-7:30	9th
2/22/2024	Baseball Building	3:00-5:00	8th/7th
2/26/2024	Baseball Building	3:00-5:00	9th
2/27/2024	IHS Gym	3:00-5:00	8th/7th

Tryouts 03/04/2024 - 03/08/2024

## REMIND SIGN UP

Tell people to text @svjhcond24 to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @svjhcond24 to (240) 297-4477.



# Seneca Valley BASEBALL - V/JV Conditioning Schedule

(as of 12-20-2023)

Dates and times subject to change

Activity	Time	Location	Location Detail
<b>MONDAY, JAN 08, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>TUESDAY, JAN 09, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>WEDNESDAY, JAN 10, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	Baseball Building	
<b>TUESDAY, JAN 16, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	Baseball Building	
<b>WEDNESDAY, JAN 17, 2024</b>			
BASEBALL - V/JV Conditioning	7:00pm-9:00pm	Baseball Building	
<b>THURSDAY, JAN 18, 2024</b>			
BASEBALL - V/JV Conditioning	7:00pm-9:00pm	GYM - I HS	
<b>MONDAY, JAN 22, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	Baseball Building	
<b>TUESDAY, JAN 23, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>THURSDAY, JAN 25, 2024</b>			
BASEBALL - V/JV Conditioning	7:00pm-9:00pm	GYM - I HS	
<b>MONDAY, JAN 29, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>TUESDAY, JAN 30, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>THURSDAY, FEB 01, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	Baseball Building	

Activity	Time	Location	Location Detail
<b>MONDAY, FEB 05, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>TUESDAY, FEB 06, 2024</b>			
BASEBALL - V/JV Conditioning	5:30pm-8:00pm	GYM - I HS	
<b>THURSDAY, FEB 08, 2024</b>			
BASEBALL - V/JV Conditioning	7:00pm-9:00pm	GYM - I HS	
<b>MONDAY, FEB 12, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	Baseball Building, GYM - I HS	
<b>WEDNESDAY, FEB 14, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	GYM - I HS	
<b>THURSDAY, FEB 15, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:00pm	GYM - I HS	
<b>TUESDAY, FEB 20, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	GYM - I HS	
<b>WEDNESDAY, FEB 21, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	GYM - I HS	
<b>THURSDAY, FEB 22, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:00pm	GYM - I HS	
<b>MONDAY, FEB 26, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	GYM - I HS	
<b>WEDNESDAY, FEB 28, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:30pm	GYM - I HS	
<b>THURSDAY, FEB 29, 2024</b>			
BASEBALL - V/JV Conditioning	3:00pm-5:00pm	GYM - I HS	



# Seneca Valley SOFTBALL - V/JV Conditioning Schedule

(as of 12-20-2023)

Dates and times subject to change

Activity	Time	Location	Location Detail
<b>WEDNESDAY, JAN 03, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, JAN 04, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, JAN 09, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, JAN 10, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:15pm	Baseball Building	
<b>THURSDAY, JAN 11, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, JAN 16, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, JAN 17, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, JAN 18, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, JAN 23, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, JAN 24, 2024</b>			
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
<b>THURSDAY, JAN 25, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, JAN 30, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, JAN 31, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, FEB 01, 2024</b>			
SOFTBALL - V/JV Conditioning	6:00pm-8:00pm	GYM - I HS	
<b>TUESDAY, FEB 06, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, FEB 07, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, FEB 08, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, FEB 13, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, FEB 14, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, FEB 15, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, FEB 20, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, FEB 21, 2024</b>			
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
<b>THURSDAY, FEB 22, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	
<b>TUESDAY, FEB 27, 2024</b>			
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	3:00pm-5:00pm	Baseball Building	
<b>WEDNESDAY, FEB 28, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Baseball Building	
<b>THURSDAY, FEB 29, 2024</b>			
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	Weight Room- SHS	
SOFTBALL - V/JV Conditioning	5:00pm-7:00pm	GYM - I HS	