SEAHAWK BASEBALL

OFF SEASON WORKOUTS

Mondays:	On-field workouts	Limit 2 players 2:45 until
	Weight Room	6:00-7:00 p.m.
	Open invite to current and potential baseball players. Everyone should attend.	
Tuesdays:	On-field workouts	Limit 2 players 2:45 until
Wednesdays:	Two-Mile Run on track	2:45 until
	Open invite to current and potential baseball players. Everyone should attend.	
	On-field workouts	Limit 2 players After run til 5:00 p.m.
	Weight Room	6:00-7:00 p.m.
	Open invite to current and potential baseball players. Everyone should attend.	
Thursdays:	On-field workouts	Limit 2 players 2:45 until
Fridays:	On-field workouts	Limit 2 players 2:45 until

Friday workouts priority given to 9th & 10th graders.

- ✓ November 1-21 will be ***Fall Baseball Practice***. Detailed schedule to be released by October 1st. Please plan to be in town and have flexible schedules in order to attend all practices, inter-squads and simulated games. Very important!!
- ✓ ***Seahawk Youth Baseball Camp***. November 1-5. Fundraiser. Returnees will be asked to volunteer at the baseball camp. More details to follow.

www.hiltonheadhighsports.com