



## Fall & Winter Emmaus Baseball Schedule

### On Field Practice Schedule –

- Players: 9<sup>th</sup> through 12<sup>th</sup> graders
- Days: Mondays & Tuesdays
- Dates: September 5 – October 17
- Time: All Seniors, Juniors, and Sophomores who were on JV or Varsity last year – 3-4:45p  
All Freshman & Sophomores who were not members of JV or Varsity last year – 4-5:45p
- Location: Church Lane

### Fall Weightlifting Schedule 1 –

- Players: 9<sup>th</sup> through 12<sup>th</sup> graders
- Days: Wednesdays & Fridays
- Dates: September 6 – October 27
- Time: Wed – 3:30 - 4:30p    Fri – 2:40 - 4:10p
- Location: EHS Weight Room

## Fall Weightlifting Schedule 2 –

- Players: 9<sup>th</sup> through 12<sup>th</sup> graders
- Days: Mondays, Wednesdays & Fridays
- Dates: October 30 – December 29  
*Note: No regular scheduled lift Nov 22 - 27 or Dec 22 - Jan 1.  
Holiday lifting schedules will be announced later.*
- Time: Mon – 3:30 - 5p      Wed – 3:30 - 5p      Fri – 2:40 - 4:10p
- Location: EHS Weight Room

## Winter Weightlifting Schedule –

- Players: 9<sup>th</sup> through 12<sup>th</sup> graders
- Days: Tuesday, Friday, Saturday
- Dates: January 2 – February 24
- Time: Tues – 3 - 5p      Fri– 3 - 5p      Sat – 11a - 1p
- Location: Sports Factory of the Lehigh Valley

## Skills Clinic –

- Players: 5<sup>th</sup> through 8<sup>th</sup> graders
- Days: Tuesdays
- Dates: January 2 – February 20
- Time: Hitting Session 1 – 5-6p    Pitching/Catching Session – 6-7p    Hitting Session 2 – 7-8
- Location: Sports Factory of the Lehigh Valley