



Contact Coach Pesci at jpesci@pennsburysd.org with questions

WINTER TRAINING INFO

Open to ALL 9th-12th graders interested in trying out for Pennsbury Baseball. Optional and NOT mandatory. Please complete this Prospective Player Form. Friday sessions open to 7th and 8th graders too.

TRAINING SESSIONS: Players MUST wear White Baseball Pants, Pennsbury Baseball Shirt, Pennsbury Baseball Hat. If you do not have these things, you must wear a Pennsbury HS Shirt or a plain Black or Orange shirt and black hat. Please do not wear non-PHS colors nor other team apparel to our training sessions. Turf Shoes/Sneakers only at Nation9. Turf/Shoes and Molded Cleats are allowed at Riversports.

LIFTING SESSIONS: Players can wear shorts, sweatpants, and t-shirts/sweatshirts. Players MUST wear Pennsbury Baseball apparel. If you do not have these things, you must wear a Pennsbury HS Shirt or a plain Black or Orange shirt. Please do not wear non-PHS colors nor other team apparel to our Lifting sessions.

TRAINING SCHEDULE will remain the same from now until February 28th

Mondays at Nation9 HIGH SCHOOL ONLY - \$10 each session

3:30-4:00 PITCHERS & CATCHERS V/JV returners & 11th/12th graders

4:00-5:00 POSITION PLAYERS/CATCHERS V/JV returners & 11th/12th graders

5:00-6:00 ALL New 9th graders, Returning Frosh Team, & 10th Graders (this will be the main bullpen day for 9th/10th graders)

Tuesday Lift at PHS West HIGH SCHOOL ONLY

2:30-4:00 ALL 9th-12th graders

Wednesdays at Nation9 HIGH SCHOOL ONLY - \$10 each session

3:30 PITCHERS & CATCHERS V/JV returners & 11th/12th graders (this will be the main bullpen day for V/JV/11/12)

4:00-5:00 POSITION PLAYERS/CATCHERS V/JV returners & 11th/12th graders

5:00-6:00 ALL New 9th graders, Returning Frosh Team, & 10th Graders

Fridays Lift at PHS West HS ONLY

2:30-3:30 All 9th -12th graders

Fridays Fielding at RiverSports Center ALL 7th-12th graders - \$5 each session

3:45-5:00 All 7th-12th graders

All positions welcome. GLOVES for Pitchers/Position players, catchers bring gear.