



2024 Off Season Workout Schedule:

Lehigh Valley Sporting Turf
7035 Schantz Road
Allentown Pa 18106

<u>Date</u>	<u>Time</u>
January 14th 2024	4:00 PM - 6:00 PM
January 20th 2024	6:30 PM - 8:30 PM
January 28th 2024	4:30 PM - 6:30 PM
February 4th 2024	4:30 PM - 6:30 PM
February 11th 2024	2:00 PM - 4:00 PM
February 17th 2024	6:00 PM - 8:00 PM
February 24th 2024	9:00 AM - 11:00 AM
March 3rd 2024	2:00 PM - 4:00 PM
March 10th 2024	1:30 PM - 3:30 PM
March 17th 2024	2:00 PM - 4:00 PM
March 23rd 2024	6:00 PM - 8:00 PM
March 30th 2024	6:00 PM - 8:00 PM

- All sessions are closed to the public, only coaches and players allowed.
- Baseball attire, no shorts.
- Turf Shoes or Sneakers no cleats.
- Please arrive 10 minutes prior to start time.
- RSVP via Game Changer.
- Attending or completing off-season workouts does not guarantee a roster spot.
- Roster decisions will be judged on a case by case scenario, taking all factors into consideration.

A few of the items covered:

Injury Prevention
Game Speed Reps
Emphasis on Fundamentals
Infield/Outfield Instruction
Live Batting Practice

Advanced Catch Play Routine.
Data driven Instruction.
Advanced Hitting Instruction.
Pitching Instruction.
Situational awareness

Cost \$795.00** Charges apply to players that were *not* on the permanent Fall 2023 roster.
Winter Workouts are complimentary for players that make one of our teams.