

2023-24 Lancer Baseball Winter Workout Schedule

The following dates are subject to change due to inclement weather, etc.

*****IF SCHOOL IS CLOSED FOR ANY REASON, BASEBALL IS ALSO CANCELED FOR THAT DAY.*****

WORKOUTS ARE OPEN TO ALL 8TH-12TH GRADERS

A Completed VHSL Physical is required for participation

All times are from 3:00pm-5:00pm. You should have rides available at 5:00pm.

****You must provide your own transportation to and from all workouts. Please leave all baseball equipment outside of Mr. Curd's office at the end of the locker room hallway.***

Week

1-	Monday, November 20	Tuesday, November 21	
2-	Monday, November 27	Wednesday, November 29	Thursday, November 30
3-	Monday, December 4	Wednesday, December 6	Thursday, December 7
4-	Monday, December 11	Wednesday, December 13	Thursday, December 14
5-	Tuesday, January 2	Wednesday, January 3	Thursday, January 4
6-	Monday, January 8	Wednesday, January 10	Thursday, January 11
7-		Wednesday, January 17	Thursday, January 18
8-	Monday, January 22	Wednesday, January 24	Thursday, January 25
9-	Monday, January 29	Wednesday, January 31	Thursday, February 1
10-	Monday, February 5	Wednesday, February 7	Thursday, February 8
11-	Monday, February 12	Wednesday, February 14	Thursday, February 15

***TRYOUTS BEGIN MONDAY, FEBRUARY 19th, 2024**

Please bring the following items:

Turf Shoes/Tennis Shoes

All baseball equipment (cleats, bat, helmet, glove, etc.)

Inside AND Outside Clothes

Water Bottle

If you have any questions, please contact Coach Apperson at (434) 528-6499 ext. 30250 or at japperson@amherst.k12.va.us.