

# **HUNTINGTON UNION FREE SCHOOL DISTRICT**

Department of Health, Physical Education and Athletics

James M. Hoops, District Director [jhoops@hufsd.edu](mailto:jhoops@hufsd.edu)

## **Baseball Off-season Weight Lifting and Conditioning**

Huntington High School students entering grades 9-12 are invited to participate in an intramural boys baseball program. These school sponsored sessions will include general conditioning and training along with an opportunity to learn more about the sport of baseball. Attendance at all sessions is not required. Participate when it is convenient.

**The program will run Tuesdays & Thursdays from  
3:00 – 4:30 p.m. at Huntington High School Cardio Room  
beginning on Tuesday December 3<sup>rd</sup> 2024.**

**For more information contact Coach John Romano**

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