

HUNTINGTON UNION FREE SCHOOL DISTRICT

Department of Health, Physical Education and Athletics

James M. Hoops, District Director jhoops@hufsd.edu

Baseball Off-season Weight Lifting, Conditioning, Hitting and Pitching

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 baseball 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 Monday & Wednesday from
3:00 – 4:30 p.m. at Huntington High School Cardio Room.**

**Tuesdays and Thursdays will be held off-site at B.E.A.S.T
Baseball Facility, 3-5pm.**

This will start on Monday January 13th 2025.

**For more information contact Coach John Romano
jromano@hufsd.edu**