

***SEAHAWK BASEBALL*  
*ATTITUDE – EFFORT - TOGETHER***

**OFF-SEASON WORKOUT OPPORTUNITY**

This season we are excited to announce we have once again teamed up with the instructors at EL1 Sports, creating a three phase off-season workout plan we believe will greatly benefit our PHS Baseball Program. This plan will include weight training and conditioning, six weeks of professional instruction at the EL1 facility in Tacoma and an additional eight weeks of instruction in the PHS Auxiliary Gym. Players will not be required to enroll into the off-season program, but are highly encouraged to do so. We have created this opportunity as it will not only better prepare our players for the upcoming season from a physical standpoint, but will also provide a unique bonding opportunity that will only strengthen our PHS Baseball family.

Here are the details…

**PHASE 1: PHS Weight training & Conditioning (Oct - Feb)**

Mondays, Wednesdays, & Fridays

3:00 pm – 4:30 pm (Mondays 3:00 pm -4:00 pm)

Baseball specific weight training, conditioning, and arm care

*\*\*Days and times are specific to FALL schedule. Subject to change in WINTER\*\**

**PHASE 2: EL1 Sports Instruction (6 weeks)**

***1 FREE All Team Session: October 29th, 3:45 pm – 4:45 pm***

Every Tues & Thurs, November 5th – December 19th (No training Thanksgiving Week)

Sessions will be dedicated to PHS student-athletes ONLY

Head trainer will be former Major League Pitcher, Nick Hagadone

***COST:*** *$150 per player (scholarships may be available through the boosters)*

**PHASE 3: Peninsula High School Auxiliary Gym Training (8 weeks)**

January 7th – February 27th

Tuesday and Thursday EVENINGS

*\*\*Time will be determined once Boys/Girls B-Ball Practice Schedules are determined\*\**

For any questions, please contact Coach Johnson (mickd17@gmail.com or 425-478-9848).

**GO SEAHAWKS!**