



SEAHAWK BASEBALL

ATTITUDE – EFFORT - TOGETHER

OFF-SEASON WORKOUT OPPORTUNITY

This season we are excited to announce a new off-season workout opportunity. We have teamed up with the instructors at Northwest Prospects Academy, creating a 12 week, two phase off-season workout plan we believe will greatly benefit our PHS Baseball Program. This 12-week plan will include six weeks of professional instruction at the NPA facility in Tacoma (Phase 1) and an additional six weeks of instruction in the PHS Auxiliary Gym as we have done in years past (Phase 2). 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: Northwest Prospects Academy 5-Tool Training

1 FREE All Team Session: October 23, 6:00 pm – 7:30 pm

November 6th – December 20th (No training Thanksgiving Week)

Tuesdays and Thursdays will be dedicated to PHS Specific Drills

Mondays, Wednesdays, & Fridays will be optional days for those who sign up

Head trainer will be former Major League Pitcher, Nick Hagadone

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

PHASE 2: Peninsula High School Auxiliary Gym Training

January 7th – February 22nd

Twice a week (days are TBD and will be based on Open Gym availability)

PHS Coaching staff will be present and monitoring workouts

COST: Free

For any questions, please contact Coach Johnson (johnsonmd@psd401.net or 425-478-9848).

GO SEAHAWKS!