

2019 FALL Schedule

JAMES WOOD Baseball

*August, September
& October*

Any student, including rising freshman, that would like to participate in off season baseball workouts, times are listed below:

Fall Workouts

Beginning Aug. 26th through Oct. 17th (8 week program)

Monday & Wednesday 5:00pm - 7:30pm

Start at the Ball Field (for the first hour) - End at the Field House (weight room at the football field)

Thursday ~ Yoga 6:00pm - 7:00pm at The Yard (310 Welltown Rd)

* Information on Winter Workouts will come later

Fall Wooden Bat League

Registration is now open on the Frederick County Parks & Rec website. Deadline to sign up for the team is Aug 22nd. This league is designed for high school aged players. Sign up according to the school you attend. Fee to play is \$65. The league runs from 9/8 - 10/20. *Note: The James Wood coaching staff is not affiliated with the Fall Wooden Bat League.

James Wood Youth Fall Baseball Camp

September 13th & 14th 5:30pm - 8:00pm

* Returning players are to work the camp unless they are playing a fall sport

Please show up a few minutes prior to workouts so we can start on time. Please wear and bring baseball attire. (hat, glove, baseball pants, spikes, etc.) In case of unexpected weather, students need to listen to announcements for cancellations. Daily participants will receive a text for cancellations. For more information you can call/text Coach Adrian Pullen 540-303-7013