

JANUARY 2025

NESHAMINY HIGH SCHOOL SOFTBALL CALENDAR


Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	01	02	03	04
05	06 STRENGTH / FITNESS	07 SOFTBALL SKILLS	08 STRENGTH / FITNESS	09	10	11
12	13 STRENGTH / FITNESS	14 SOFTBALL SKILLS	15 STRENGTH / FITNESS	16	17	18
19	20 STRENGTH / FITNESS	21 SOFTBALL SKILLS	22 STRENGTH / FITNESS	23	24	25
26	27 STRENGTH / FITNESS	28 SOFTBALL SKILLS	29 STRENGTH / FITNESS	30	31	01

- **Strength/Fitness (3:30 - 5:00 pm)**
 - Softball specific strength and conditioning training with Coach Tony Incollingo
- **Softball Skills (3:30-5:00 pm)**
 - Indoor offensive and defensive training with NHS Softball Coaches

Key

Strength / Fitness

Softball Skills

 \$160 due for preseason workouts (cash or check*)

*Checks can be made out to Neshaminy High School. Please put “Softball Preseason” in the memo line.

FEBRUARY 2025

NESHAMINY HIGH SCHOOL SOFTBALL CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	01
02	03 STRENGTH / FITNESS	04 SOFTBALL SKILLS	05 STRENGTH / FITNESS	06	07	08
09	10 STRENGTH / FITNESS	11 SOFTBALL SKILLS	12 STRENGTH / FITNESS	13	14	15
16	17	18 SOFTBALL SKILLS	19 STRENGTH / FITNESS	20	21 PITCHERS AND CATCHERS	22
23	24 STRENGTH / FITNESS	25 SOFTBALL SKILLS	26 STRENGTH / FITNESS	27	28	01

- **Strength/Fitness (3:30 - 5:00 pm)**
 - Softball specific strength and conditioning training with Coach Tony Incollingo
- **Softball Skills (3:30-5:00 pm)**
 - Indoor offensive and defensive training with NHS Softball Coaches
- **Pitchers and Catchers (5:30-7pm)**
 - Friday February 21st ONLY

Key

Strength /
Fitness

Softball
Skills

Pitchers and
Catchers

MARCH 2025

NESHAMINY HIGH SCHOOL SOFTBALL CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	01
02	03 TRYOUTS (9th + P & C)	04 TRYOUTS (10-12th only)	05 TRYOUTS (Everyone)	06 DECISION DAY	07 FIRST PRACTICE	08
09	10	11	12	13	14	15 BINGO
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

- **Tryouts**
 - Please refer to the NHS Softball website in the “Tryout Information” section for more details.

Key

Tryouts

Decisions

First Practice

Bingo