



# COME JOIN US!

## WHO \_\_\_\_\_

ANY CURRENT SV 6TH-11TH GRADE STUDENT

## \_\_\_\_\_ WHAT

WINTER CONDITIONING TO PREPARE FOR SPRING AND FALL SEASON

## WHEN \_\_\_\_\_

STARTING 1/26 AND CONTINUING FOR 10 WEEKS

## \_\_\_\_\_ WHERE

DIESEL SPORTS COMPLEX  
9043 MARSHALL RD, CRANBERRY  
TWP, PA 16066

## WHY \_\_\_\_\_

GET IN SHAPE | TRY A NEW SPORT |  
GROW AS AN ATHLETE | MAKE FRIENDS

## REGISTER NOW



### FOLLOW US!

 Seneca Valley Slow Pitch Softball

 @senecavalleyslowpitch

<https://www.svslowpitch.com/winter-conditioning/>

# SLOWPITCH *softball*