

2025-2026 PV Softball Information



Lifting/Conditioning:

Starts November 11, 2025

Tuesdays and Thursdays: 2:30- 3:30

**No lifting when there's no school (Thanksgiving/Christmas)

Practice (Old Gym):

Starts: TBD (waiting on the OK from the athletic dept.)

Mondays and Wednesdays- 2:30-3:45

Sundays- TBD

SIGN UP FOR TEAM SNAP!!!

Use the QR code above!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Optional Hitting at Hitters Edge	Hitting	Lifting	Hitting	Lifting	
9 am 1/11- 3/15	2:30 - 3:45	2:30 - 3:30	2:30 - 3:45	2:30 - 3:30	

Season starts March 2, 2026. Try-outs will be the 2nd, 3rd and 4th.

You **MUST** have a completed physical to try-out.

ImPACT testing for:

All Middle School players

9th and 11th grade

Physical/Family ID information:

<https://www.pvbears.org/athletics-activities/pvsd-sports-registration/instructions-faq>

<https://students.arbitersports.com/organizations/pleasant-valley-school-district>

(Handwritten initials)

Interested in playing Softball?

Scan the QR Code for more information



Email Coach Albanese or Coach Pfancook with any questions:

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