

CLICK THE QR CODE
TO REGISTER, ONLY 5
SLOTS AVAILABLE PER
DAY



GERMANTOWN RED DEVILS BASEBALL

AUGUST PRE-SEASON WORKOUT SCHEDULE

 **AUGUST 10-13** | **3:15-5:30**

 **AUGUST 17-20** | **3:15-5:30**

 **AUGUST 24-27** | **3:15-5:30**


CONDITIONING


THROWING


SMALL GROUP WORK

 **ALL WORKOUTS WILL BE HELD AT
RED DEVIL FIELD**

 **NEED: CURRENT PHYSICAL
DATED AFTER 4/15/2026**

