



JFK Baseball Program

Important dates and information for 2012 season

1. Offseason hitting and throwing will be Sundays at Baseball Warehouse
 - Baseball Warehouse, 405A Cleveland Ave, Highland Park, NJ 08904, (732) 249-8884
 - January 8, 2012 through February 26, 2012(should be around \$200)
 - 7 weeks (Off for the Super Bowl, Sunday, February 5th)
 - Time will begin at 2:00 or 3:00 pm and end at 5:00 pm (still finalizing the details)
2. Sunday training at Baseball Warehouse is not enough
 - Throwing at least 3 times a week for at least 5 minutes at 60' 90' 120'
 - Strength training program(see attached sheet for outline)
 - Show up March 2nd in shape
3. Friday, March 2, 2012 First Practice
4. Physicals due February 17, 2012
5. Sign up for Coach Hennessy's teacher web
6. Tentative player meeting scheduled for February
7. All 3 of the following forms are due at the February meeting (Forms will be distributed in January)
 - Athletic Contract NJSIAA
 - Steroid Consent Form
 - NJSIAA Concussion Management Form
8. Athletes must have all forms completed and a physical in order to tryout.
9. Sunday, April 22, 2012 11:00 am play Sayerville at Somerset Patriots Stadium(pending board approval)