



Cathedral High School Baseball Tentative Dates/Schedule

Before any Cathedral student/athlete can participate in any preseason conditioning session, weight training, tryout or any physical activity associated with Cathedral Athletics, they must have an IHSA physical on file with Mrs. Marti McGuigan in the Athletic Office. The necessary forms are available on the Cathedral website at https://www.gocathedral.com/uploaded/admissions/New_Families/2018-2019_Cathedral_Athletics_Pre-Participation_Packet.pdf, or hard copies are available from Mrs. McGuigan in the Athletic Office.

May:

Incoming Baseball Call-Out Player/Parent Meeting (More Information to Come)

*Cathedral High School's Brunette Park (Cathedral Baseball Home Field)
9802 Little League Drive, Indianapolis, Indiana 46235*

Potential Summer Workouts in June:

Baseball workouts for All Incoming and Returning Players (More Information to Come)

*Cathedral High School's Brunette Park (Cathedral Baseball Home Field)
9802 Little League Drive, Indianapolis, Indiana 46235*

Two Days/Week

(Players should be in baseball pants and have all baseball equipment with them, including athletic shoes/turfs, cleats, hat, glove, bat, etc.)

Baseball Weights with Coach Johnson (More Information to Come)

Cathedral High School Weight Room

Traditionally Tuesdays, Wednesdays, and Thursdays

(If you are lifting with another sport at Cathedral, we will discuss how you are getting your lifts. If you are in summer school and unable to lift during this time, you may be able to lift during another time slot, and we can discuss.)

Monday, July 6-Thursdays, July 9:

Cathedral Fighting Irish Summer Baseball Camp

*Cathedral High School's Brunette Park (Cathedral Baseball Home Field)
9802 Little League Drive, Indianapolis, Indiana 46235*

9:30am-12:00pm 1st-4th Grade

12:30pm-3:30pm 5th-9th Grade

<https://www.gocathedral.com/on-campus/campcathedral>

Fall Baseball Workouts For NON FALL SPORT ATHLETES (Specific Dates TBD)

Baseball Practices/Workouts

Two Hours-Two Days/Week (Per IHSAA Rules)

Cathedral High School's Brunette Park (Cathedral Baseball Home Field)

9802 Little League Drive, Indianapolis, Indiana 46235

(Players should be in baseball pants and have all baseball equipment with them, including athletic shoes/turfs, cleats, hat, glove, bat, etc.)

Baseball Weights with Coach Johnson (For those NOT IN APE)

Cathedral High School Weight Room

Typically Three Days/Week

Winter Baseball Workouts For NON WINTER SPORT ATHLETES (Specific Dates TBD)

Cathedral Athletics Speed School

Cathedral High School (WAC, Mimms, and Weight Room)

Tuesday and Thursday Mornings Before School

Baseball Practices/Workouts

Two Hours-Two Days/Week (Per IHSAA Rules)

Baseball Weights with Coach Johnson (For those NOT IN APE)

Cathedral High School Weight Room

Typically Three Days/Week

Spring Baseball Practices/Games-Official Start of Baseball Season-Mid-March

Tryouts/Practices Officially Start

Cathedral High School's Brunette Park (Cathedral Baseball Home Field)

9802 Little League Drive, Indianapolis, Indiana 46235

6 Days/Week (No Activity on Sundays)

*More information will be communicated throughout the year. This is a general idea of what our baseball workout schedule will typically be. If you have any questions, please feel free to contact me at efreije@gocathedral.com.

Go Irish!

Ed C. Freije '99

Head Baseball Coach



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