

GHS CARDINAL BASEBALL

2026 Winter Workouts Schedule

Group B - For all seniors, juniors and returning varsity players: Workouts will be held at **Bobby Valentine's Baseball Academy** and run by coaches Phil Tarantino, Mike Mora and Bobby Darula.

Dates & Times:

Wednesdays	Saturdays or Sundays
<ul style="list-style-type: none">• Wed 1/7 - 8pm-10pm• Wed 1/14 - 8pm-10pm• Wed 1/21 - 8pm-10pm• Wed 1/28 - 8pm-10pm• Wed 2/4 - 8pm-10pm• Wed 2/11 - NO SESSION• Wed 2/18 - 7:30pm-9:30pm• Wed 2/25 - 7:30pm-9:30pm• Wed 3/4 - 8pm-10pm• Wed 3/11 - 8pm-10pm	<ul style="list-style-type: none">• Sun 1/11 - 6pm-8pm• Sun 1/18 - 1pm-3pm• Sat 1/24 - 8am-10am• Sat 1/31 - 5:30pm-7:30pm• Sun 2/8 - 1pm-3pm• Sat 2/14 - NO SESSION• Sun 2/15 - NO SESSION• Sun 2/22 - 8am-10am• Sat 2/28 - 3pm-5pm• Sun 3/8 - 7:30pm-9:30pm