

PIUS X SOFTBALL - SUMMER 2026

Summer Lifting/Conditioning

Open to all female athletes planning on trying out for any sport in any season. **Starts Tuesday May 26th.** Workouts are M/T/Th, 8:30-9:45 am. Meet at the Pius X tennis courts (Northeast corner of the school). Wear shorts, t-shirt, and tennis shoes. Also, bring your own water bottle. This is a great opportunity to get yourself quicker, faster, stronger, and get yourself more physically ready for tryouts. It's also a good chance to meet returning softball players, other freshman, and other female athletes in general. See the Pius X website for more information as summer approaches

Summer Softball Skills Workouts

Softball specific workouts will start **Monday June 1st**. These workouts will take place after lifting/conditioning is over for the morning. They'll either be on the softball or football field. Generally, they'll last 30 minutes. To start, the workouts will be position specific per day: one day a week for infielders, one for outfielders, and one for catchers. We'll then transition to offensive workouts and team defense workouts. More details to follow

Pius X H.S. Softball Camp

July 27-29 (Monday-Wednesday) 8-10:30am for incoming 9th-12th grade. Rain date Thursday, July 30th. Sign up online on the Pius X website.

Physical Examinations

The NSAA requires that each athlete complete a physical examination prior to attending tryouts. In order to have the physical be valid for the 2026-27 school year, the physical examination must be completed on or **after May 1st, 2026**. Please turn in a copy of the physical to the main office once it is completed. IN ADDITION, the wellness and consent form packet should be completed and turned in before the first day of tryouts.

Concussion (SWAY) Testing

This will be conducted at summer conditioning. Our trainer, Drew Erks, will pull freshmen from conditioning to complete their concussion (SWAY) test. This must be completed by all freshmen in order to tryout.

Tryouts

August 10th-12th. Times will be announced as we get closer to August. Most likely 3:30pm until 6pm. To be held at Pius X Softball Field. **Concussion testing, physical, and wellness packet must be completed and turned in to the main office before this date.**

Communication with athletes

Look for an email and/or a text inviting you to join Hudl and Remind if you're not already connected. We use Remind to send short messages to players. We use Hudl to share video of softball specific skills that we will be working on. Both are both web-based and/or application programs.

Questions?

Feel free to contact Coach Charf. troy.charf@cdolinc.net

Medical Forms



Camp/Summer Workouts



Pius X Softball on Facebook



Pius X Softball on X

