

Capital Area Region

Spring Training Calendar and Locations

ADAMS

Athletics

Gettysburg High School
Wednesdays
5:30 PM
13-Mar-24
Michael Rife
717-634-4416
mlrife70@gmail.com

Basketball

Plank Gym Gettysburg College
Saturday's
8:30 AM
13-Jan-24
Bobbie Murphy
717-321-3130
murphtones72@comcast.net

Golf

South Hills
Mondays
5:15 PM
1-Apr-24
Deb Bottomley
717-891-1302
deb.bottomley33@gmail.com

SOFTBALL

Biglerville High School
Thursday
7:00 PM
7-Mar-24
Nelson Trout:
717-395-3923
ntrout76@gmail.com

Biglerville Elementary Field
Thursday
5:30 PM
18-Apr-24

Swimming

North Hanover YMCA
Sundays
1:00 PM
4-Feb-24
Theresa McCleaf
717-253-3027
theresa.McCleaf@gmail.com

Tennis

Biglerville High School
Saturday's
12 noon
2-Mar-24
Joy Weikert
717-398-7657
joyweikert89@gmail.com

Area M

Athletics

Susquenita High School
Sundays
2:30 PM
March 17, 2024
Maryellen Brown
717-514-0756
snickersbrown5@gmail.com

Basketball

Central Dauphin East
Sundays
1:30 PM
February 4, 2024
Clyde North
717-580-0892
cnorth1335@gmail.com

Golf

Sportsmans Golf Club
Monday's
5:00 PM
April 8, 2024
Earl Ewing
717-487-8260
epewing@msn.com

Golf

Range End Golf Course
Tuesday's
5:30 PM
April 9, 2024
David Dempsey
717-440-5671
mddemp3@gmail.com

Gymnastics

Cumberland Gymnastics
Friday
7:15 PM
22-Sep-23
Kim Egger
717-440-0635
kimberlyegger95@gmail.com

Softball

Mt. Zion United Methodist Church, Enola
Wednesday & Sunday
5:30 PM
March 6, 2024
Tara Unger
223-207-6662
soeualslove@gmail.com

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Area M Cont.

Swimming

Hershey Rec Center
Tuesday's
6:00 PM
Already Started
Eric Ludwig
570-490-2865
ericjayf1@gmail.com

Swimming

Messiah College
Sunday's
4 pm and 5 pm
Already started
Kim Goodsir
717-645-0797
kimgoodsir@yahoo.com

Swimming

Shippensburg University
Thursday
6:00 PM
1-Feb-24
Jennifer Flinchbaugh
717-683-7440
Jen.flinchbaugh@yahoo.com

Tennis

Negley Park
Tuesday and Thursday
6:00 PM
28-Mar-24
Jan Holt
717-586-7766
janjeffholt@gmail.com

LANCASTER

Basketball

Bonfield Elementary School
Thursdays
5:30 PM
February 22, 2024
Lynn Lopez
717-271-2423
lford8@yahoo.com

LANCASTER

Softball

Lancaster Bible College
Tuesday
6:15 PM
19-Mar-24
Mark Intoccia
717-951-2797
finto@ptd.net

Swimming

Lititz Rec Center
Sundays
4:00 PM
January 21, 2024
Anne Phillips
717-940-8335
anne.phillips23@gmail.com

Tennis

Franklin & Marshall
Holly Simmers
5:30 PM
March 19, 2024
Holly Simmers
484-576-3443
holly.simmers@gmail.com

LEBANON

Athletics

Lebanon Valley College
Marge Ulrich
6:30 PM
March 21, 2024
Marge Ulrich
717-813-0504
sargmarg85@aol.com

Golf

Iron Valley Golf Club
Tuesday's
5:00 PM
12-Mar-24
Pete Wilson
717-507-2008
ppwilso2@gmail.com

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LEBANON

Basketball

South Lebanon Elementary School

Wednesdays

5:30 PM

March 13, 2024

Andrew Balchunas

717-856-4467

aandwb@verizon.net

Gymnastics

Paramount Sports

Monday and Tuesday

3:30 PM

January 8, 2024

Stefanie Ditzler

717-383-2840

sditzler@outlook.com

Swimming

Lebanon Valley College

Fridays

6:00 PM

February 26, 2024

Jessica Dreibelbis

717-673-9627

3bells@comcast.net

Tennis

Optimist Park

Wednesdays

6:00 PM

March 13, 2024

Catherine Shaak

717-383-0537

shaak@ms.usta.com

Mifflin/Juniata

Softball

Details TBD

March, 2024

Steve Hipple Sr

717-250-1116

lshipplersr@gmail.com

Mifflin/Juniata

Swimming

Juniata Valley YMCA

Saturdays

8:00 AM

January 6, 2024

Damien Lyter

717-250-9194

damienlyter@icloud.com

YORK

Athletics

York Learning Center

Thursdays

6:00 PM

March 7, 2024

Matt Morrison

717-495-6488

mattmorrison1@comcast.net

Basketball

Logos Academy

Saturday's

1:00 PM

January 6, 2024

Jim Miele

717-434-5036

forevergrim@gmail.com

Golf

Heritage Hills

Sundays

5:30 PM

May 12, 2024

Coach Zahos

gzahos224@gmail.com

Softball

Dallastown Community Park

Sundays

1:00 PM

March 31, 2024

Rocky Coppage

717-542-3999

Capital Area Region

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YORK

Swimming

Spring Grove High School

Saturday's

9:00 AM

6-Jan-24

Stephanie Mundorf

717-870-2038

smundorf@comcast.net

Tennis

Wisheaven Tennis Center

Friday's

5:00 PM

January 5, 2024

Debra Gable

717-891-1130

kumu95deb@gmail.com

