

# CANES NEW ENGLAND WINTER WORKOUT TRAINING SCHEDULE

## JANUARY 2023- MARCH 2024

### 10U & 11U

Please bring a metal bat for Winter Workouts. Notify your coach if you will not be able to attend a workout.

NOTE: School functions and winter sports take priority over workouts.

NEW ENGLAND PREMIER SPORTSPLEX 199 Newbury St, Danvers MA 01923

Date	Training	Time	Location	
January 5, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 12, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 19, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 26, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 2, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 9, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 16, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 23, 2024	Friday	<b>NO TRAINING!</b>	<b>HAPPY FEB VACATION!!!!</b>	<b>SEE YOU IN A WEEK!!!!</b>
March 1, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 8, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 15, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 22, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 29, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX
April 5, 2024	Friday	DEFENSIVE SKILLS / HITTING	6-8 PM	NEW ENGLAND PREMIER SPORTSPLEX