

CANES NEW ENGLAND WINTER WORKOUT TRAINING SCHEDULE

DECEMBER 2023- MARCH 2024

15U & 15/16U

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	
December 2, 2023	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 7, 2023	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 9, 2023	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 14, 2023	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 16, 2023	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 21, 2023	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
December 23, 2023	Saturday	NO TRAINING! MERRY CHRISTMAS!!	HAPPY HOLIDAYS!!!!	SEE YOU AFTER THE NEW YEAR!!!!
December 28, 2023	Thursday	NO TRAINING! ENJOY YOUR VACATION!!	HAPPY HOLIDAYS!!!!	SEE YOU AFTER THE NEW YEAR!!!!
December 30, 2023	Saturday	NO TRAINING! HAPPY NEW YEAR!!	HAPPY HOLIDAYS!!!!	SEE YOU AFTER THE NEW YEAR!!!!
January 4, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 6, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 11, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 13, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 18, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 20, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 25, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 27, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 1, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 3, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 8, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 10, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 15, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 17, 2024	Saturday	SCHOOL VACATION	ENJOY SOME WELL DESERVED REST	SEE YOU NEXT WEEK!!
February 22, 2024	Thursday	SCHOOL VACATION	ENJOY SOME WELL DESERVED REST	SEE YOU NEXT WEEK!!
February 24, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 29, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 2, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 7, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 9, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 14, 2024	Thursday	HITTING	8-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 16, 2024	Saturday	DEFENSIVE SKILLS / HITTING	3-5 PM	NEW ENGLAND PREMIER SPORTSPLEX