

# CANES NEW ENGLAND WINTER WORKOUT TRAINING SCHEDULE

## DECEMBER 2023- MARCH 2024

### 16U & 17U

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