

CANES NEW ENGLAND WINTER WORKOUT TRAINING SCHEDULE

JANUARY 2023- MARCH 2024

12U

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 2, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 9, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 16, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 23, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
January 30, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 6, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 13, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
February 20, 2024	Tuesday	NO TRAINING!	HAPPY FEB VACATION!!!!	SEE YOU IN A WEEK!!!!
February 27, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 5, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 12, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 19, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
March 26, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX
April 2, 2024	Tuesday	DEFENSIVE SKILLS / HITTING	7-9 PM	NEW ENGLAND PREMIER SPORTSPLEX