

★ ST. JOHN'S ★

CAPITALS

2023 Spring Training Info

Session 1

OFFENSE

GROUP 1 BIRTH YEARS: 2012-2016

GROUP 2 BIRTH YEARS: 2005-2011

Thursday, May 25th:
Group 1 (6:00-7:20 pm)
Group 2 (7:30-8:50 pm)

Cost: \$35

Friday, May 26th:
Group 1 (6:00-7:20 pm)
Group 2 (7:30-8:50 pm)

Cost: \$35

Session 2

PITCHING

GROUP 1 BIRTH YEARS: 2012-2016

GROUP 2 BIRTH YEARS: 2005-2011

Session 3

OFFENSE 2

GROUP 1 BIRTH YEARS: 2012-2016

GROUP 2 BIRTH YEARS: 2005-2011

Monday, May 29th:
Group 1 (6:00-7:20 pm)
Group 2 (7:30-8:50 pm)

Cost: \$35

Wednesday, May 31st:
Group 1 (6:00-7:20 pm)
Group 2 (7:30-8:50 pm)

Cost: \$35

Session 4

PITCHING 2

GROUP 1 BIRTH YEARS: 2012-2016

GROUP 2 BIRTH YEARS: 2005-2011

Session 5

DEFENSE

GROUP 1 BIRTH YEARS: 2012-2016

GROUP 2 BIRTH YEARS: 2005-2011

Friday, June 2nd:
Group 1 (6:00-7:20 pm)
Group 2 (7:30-8:50 pm)

Cost: \$35

- All sessions take place at the Techniplex
- If a player registers for all 5 sessions, there will be a discount of \$150 total
- Training is provided by Mark Healy assisted by senior players and coaches with many years experience in baseball

NOTES



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