We offer three groups to best suit your child's needs. Train at the Techniplex under our high performance staff led by Canada Games and High performance coach Mark Healy

CAPS FUNDAMENTALS PROGRAM

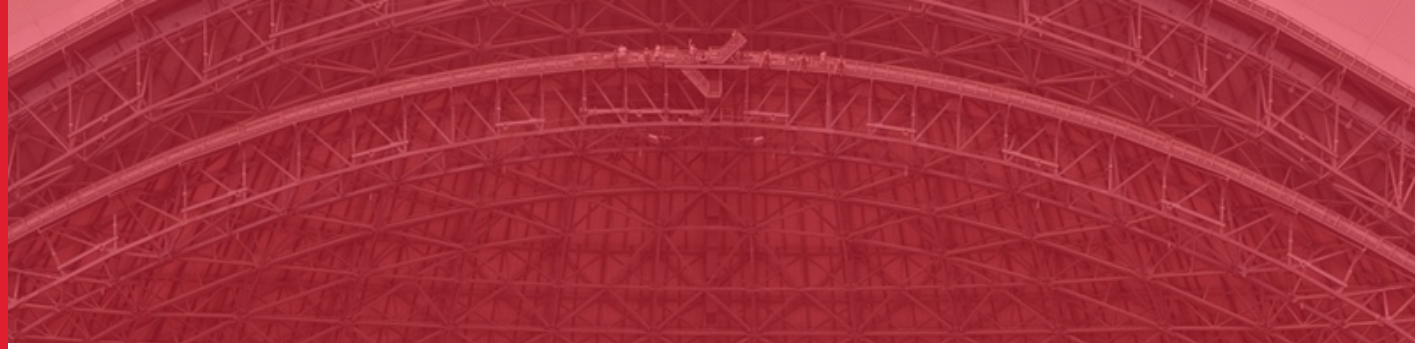
Friday
6:30 - 8:10 pm
Open to house league and beginner players aged 7-13 (born in 2020 to 2014)

CAPS HIGH PERFORMANCE PROGRAM

Friday
8:25 - 10:05 pm
Open to 11U, 13U, 15U and 18U all-star players and 15U/18U house league players

CAPS "BE HER" PROGRAM

Sunday
6:30 - 8:00 pm
Ages 6-16 (Born in 2021 to 2011)



CAPS WINTER BASEBALL 2027

$225 per 6 week session
$400 for both sessions

Looking for pitching development to better prepare for the upcoming season?

Need some exposure to strategies and general baseball rules and situations?

Want extra reps and mock tryout situations to better prepare for All Star Tryouts?

St. John's Minor Baseball has you covered



CAPS FUNDAMENTALS PROGRAM

- Provides an introduction to baseball in a fun environment
- Provides skill development for younger age players and players who participate in the Caps House League Program
- Take part in drills and opportunities to refine skills in a less competitive environment
- Focus on falling in love with the sport and keeping the fun in baseball!
- Suitable for those who never played baseball before and those with some previous baseball experience



CAPS HIGH PERFORMANCE PROGRAM

- Provides focused baseball skills development
- Curated towards players in the All Star stream who want to maintain and develop their skills prior to next season
- New This Year: More opportunities to prepare for and experience the specific drills and skills measured during all star tryouts
- Includes some fun activities which also help with baseball knowledge
- Level up your game in an environment that prevents Baseball burnout

CAPS "BE HER" PROGRAM

- Focuses on baseball skill development in an all female player environment with a majority of female instructors
- Provides skill development for all ages and skill levels
- Offers drills intended to meet the needs of beginner and advanced players
- Provides a fun environment while also improving baseball skills and knowledge
- Offers older players to mentor younger players; female coaches and coaches with experience with female baseball



