

★ ST. JOHN'S ★ CAPITALS

2023 Drills & Skills Programs

9U

BIRTH YEARS: 2014 & 2015
FIELD: VIRGINIA PARK
COST: \$50
TIME: 10 AM - 12 PM

Session Dates:

- July 2
- July 9
- July 23
- July 30
- Aug 13
- Aug 20

This program is designed to prepare players for 11U, especially all-star programming

Session Dates:

- Week 1: July 3-7
- Week 2: July 17-21
- Week 3: July 31-Aug 4
- Week 4: Aug 14-18

There will be no session on Regatta Day, so the cost for Week 3 is \$40

11U

BIRTH YEARS: 2012 & 2013
FIELD: TERRA NOVA
COST: \$50
TIME: 9 AM - 12 PM

13U

BIRTH YEARS: 2010 & 2011
FIELD: AIRPORT HEIGHTS
COST: \$50
TIME: 9 AM - 12 PM

Session Dates:

- Week 1: July 24-28
- Week 2: Aug 22-26

Session Dates:

- Week 1: July 10-14
- Week 2: Aug 7-11

Female

BIRTH YEARS: 2005-2014
FIELD: AIRPORT HEIGHTS
COST: \$50
TIME: 9 AM - 12 PM

NOTES

- Sessions include drills for hitting, pitching, defense, base running and game strategy
- 9U, 11U & 13U are open to all genders
- If there is a rainout, there will be no make up sessions or indoor facility available
- Players are responsible for bringing a glove, helmet, water bottle, snack & sunscreen



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