

Table 1

2023/2024 Winter Training Schedule: Maine Thunder Softball				
SATURDAYS	EDGE ACADEMY	BIG DOME 1 (closest to Edge)	BIG DOME 2 (closest to Heater)	SHOWS IN THE BIG DOME SPACE ON FOLLOWING WEEKENDS March 2/3 weekend & March 16/17 weekend
NOON-1:00pm	ALL 10u players			
1:00-2:00pm	12u CYR group	14u BROSS & 14u Pettengill	ALL 10u players	
2:00-3:00pm	14u BROSS & 14u Pettengill	12u CYR group	PITCHING w/ Monica White	
3:00-4:00pm	12u Kostopo 12u GOLD 12u Winter Workout Players	14u Armstrong; 14u Bosse 14u SCOTT (GOLD) 14u BLUE 14u Winter Workout Players	THUNDERBOLTS PROGRAM 2-3PM INSIDE DOME 2	
4:00-5:00pm	14u Armstrong; 14u Bosse 14u SCOTT (GOLD) 14u BLUE 14u Winter Workout Players	12u Kostopo 12u GOLD 12u Wntr Wrkout Players	14u TJB 14u Cobbett	
5:00-6:00pm	14u TJB 14u Cobbett			
SUNDAYS	EDGE ACADEMY	BIG DOME 1 (closest to Edge)	BIG DOME 2 (closest to Heater)	SHOWS IN THE DOME SPACE ON FOLLOWING WEEKENDS March 2/3 weekend & March 16/17 weekend NO Easter Sunday (3/31) practice date
7:00-8:00am	16/18u Caiazzo group	Open Space	16u Willey 16u Berube 16u Bouchard 16u Winter Workout Players	
8:00-9:00am	16u Willey 16u Berube 16u Bouchard 16u Winter Workout Players	16/18u Caiazzo group	18u Dubail 18u 18u 2024's 18u Winter Workout Players	
9:00-10:00am	18u Dubail 18u 18u 2024's 18u Winter Workout Players			
10:00-11:00am	<b>Rotating Extra Work each month</b> (see schedule for 12u & 14u teams)			November (5,12,19,26): 12u Kostopo & 12u GOLD December (3,10,17,24,31): 14u BRoss & 14u Pettengill January (7,14,21,28): 14u Cobbett & 14u BLUE February (4,11,18,25): 14u TJB & 14u (SCOTT) GOLD March (3,10,17,24,31): 14u Armstrong & 12u CYR

	11:00am-NOON	<b>Rotating Extra Work each month</b> (see schedule for 12u & 14u teams)			November (5,12,19,26): 14u TJB & 14u (SCOTT) GOLD December (3,10,17,24,31): 14u Armstrong & 12u CYR January (7,14,21,28): 12u Kostopo & 12u GOLD February (4,11,18,25): 14u BRoss & 14u Pettengill March (3,10,17,24,31): 14u Cobbett & 14u BLUE
	<b>MONDAYS</b>		<b>EDGE ACADEMY</b>		
	700-800pm		ALL 10u players		