

# North Attleboro Travel Softball Association Presents 2018 Winter Workouts

**Dates:** Starting first week of January – February

**Location & Times:** Upper Deck Facility – Fridays 6-8pm  
One John C Dean Memorial Blvd Cumberland, RI 02864

**Location & Times:** Community School gym in NA – Sundays 9am – 12pm

**Cost:** \$120 per player – payment to be made at [www.natsasoftball.com](http://www.natsasoftball.com)

**Upper Deck Details:** Friday evening workouts will consist of Hitting technique, tee work, softball machines, and batting cages. We will at times be introducing some open space-time to perform glove work among other skills and drills planned by our winter workout coordinator.

**Community School:** Sunday morning will be a mix of catching/pitcher workouts normally between 9-10am. Then a conditioning and general skills training clinic will begin at 10am – 12pm.

**Attendance:** This program includes both Upper Deck and Community School. Choosing one or the other is not an option. We highly encourage players do their best to attend both sessions every week.

Be ready for Spring 2018  
GO REDHAWKS SOFTBALL