



## North Attleboro Travel Softball Association 2019

### Winter Workouts

**Cost:** \$125 per player

**Registration:** Please go to [www.natsasoftball.com](http://www.natsasoftball.com) (new design)

**Location:** Little Sluggers, 120 North Meadows Road, Medfield, MA

#### **Overview:**

**Little Sluggers (Saturdays)** - Beginning January 5th, ending Feb 23rd, 5:00-8:00, all ages scheduled for the same time however will work out in 2 groups. Group #1 will be ages 10/12 and Group #2 will be ages 14+.

Each group will do 90 minutes hitting / 90 minutes fielding, switching halfway through the time frame.

**Sage School (Sundays)** - Beginning January 6th, ending Feb 24th, 9am-12pm. Hourly break down: 9am-10am catchers, 10am-11am pitchers (catchers continue the 2<sup>nd</sup> hour with pitchers), 11am-12pm will be for general conditioning for all players to attend.

Please feel free to email me (James Adams) with any question  
[kingjames129@gmail.com](mailto:kingjames129@gmail.com), Thank you.