

2023 – 24 16U & 18U SEASON OUTLINE

- **August**
  - Practice

- **Fall: September – October**
  - Two tournaments/showcases
  - One midweek practice and one weekend practice

- **Winter: November – March**
  - Plex Indoor League in Bedford, NH
    - Two-hour Friday night game
    - Games are typically every other week depending on how many teams sign up
  - College Night at the Plex in Bedford, NH
    - One showcase game (2022 College Night was held in early January)
    - College coaches in attendance
  - Two-three college clinics
    - Our program has attended clinics at New England College, Plymouth State, and the University of Southern Maine in previous years
  - Cage Time
    - Two one-hour practices per week for hitting and/or pitchers and catchers
    - We typically rent cage time in Salem, NH or Derry, NH

- **High School Season: March – May**
    - We typically shut down for the High School season as most of our girls are already playing for their respective High School teams
    - We resume practice again as a team in May on Sunday's until the High School season is over
        - We understand that some High School teams may practice on Sunday and we encourage that their High School team is their first priority during this time

- **Summer: June – Early August**
    - Four-five tournaments and one-two showcases
        - Most tournaments/showcases will be local and one-three tournaments/showcases may require hotel stay
        - We attend a showcase at Fastpitch Nation in Windsor, CT every year
    - Two two-hour weekday practices

- **Tuition:** Approximately $1625 which includes the following
    - Home and Away Jerseys/Pants
    - Socks and Belt
    - Practice tee-shirt
    - Helmet
    - Bag
    - Visor/Hat

- **College Exposure:** We have relationships with several college coaches in New England that frequently attend games and have even come to see us at practice