Central PA's Premier Sports Complex and home to the Central Penn Renegades

Renegades Winter Workouts 2026

10U

Sundays

January 4, 11, 18, 25	4:30pm – 6:00pm
February 1, 15, 22	4:30pm – 6:00pm
March 1, 8, 15, 22, 29	5:00pm – 7:00pm

Tuesdays

January 6, 20	5:00pm – 7:00pm
February 3, 17	5:00pm – 7:00pm
March 3, 10, 17, 24	5:00pm – 7:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	5:00pm – 7:00pm
February 4, 11, 18, 25	5:00pm – 7:00pm
March 4, 11, 18, 25	5:00pm – 7:00pm

Fridays

February 20, 27	5:30pm – 7:30pm
March 6, 13, 20, 27	5:30pm – 7:30pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

11U White

Sundays

January 4, 11, 18, 25	3:00pm – 4:30pm
February 1, 15, 22	3:00pm – 4:30pm
March 1, 8, 15, 22, 29	3:00pm – 5:00pm

Tuesdays

January 13, 27	5:00pm – 7:00pm
February 10, 24	5:00pm – 7:00pm

Mondays

March 2, 9, 16, 23	6:00pm – 8:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	5:00pm – 7:00pm
February 4, 11, 18, 25	5:00pm – 7:00pm
March 4, 11, 18, 25	5:00pm – 7:00pm

Fridays

February 20, 27	5:30pm – 7:30pm
March 6, 13, 20, 27	5:30pm – 7:30pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

11U Blue

Sundays

January 4, 11, 18, 25	3:00pm – 4:30pm
February 1, 15, 22	3:00pm – 4:30pm
March 1, 8, 15, 22, 29	3:00pm – 5:00pm

Tuesdays

January 13, 27	5:00pm – 7:00pm
February 10, 24	5:00pm – 7:00pm

Mondays

March 2, 9, 16, 23	6:00pm – 8:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	5:00pm – 7:00pm
February 4, 11, 18, 25	5:00pm – 7:00pm
March 4, 11, 18, 25	5:00pm – 7:00pm

Fridays

February 20, 27	5:30pm – 7:30pm
March 6, 13, 20, 27	5:30pm – 7:30pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

12U

Sundays

January 4, 11, 18, 25	4:30pm – 6:00pm
February 1, 15, 22	4:30pm – 6:00pm
March 1, 8, 15, 22, 29	5:00pm – 7:00pm

Tuesdays

January 6, 20	5:00pm – 7:00pm
February 3, 17	5:00pm – 7:00pm
March 3, 10, 17, 24	5:00pm – 7:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	5:00pm – 7:00pm
February 4, 11, 18, 25	5:00pm – 7:00pm
March 4, 11, 18, 25	5:00pm – 7:00pm

Fridays

February 20, 27	7:30pm – 9:30pm
March 6, 13, 20, 27	7:30pm – 9:30pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

13U & 14U

Sundays

January 4, 11, 18, 25	6:00pm – 7:30pm
February 1, 15, 22	6:00pm – 7:30pm
March 1, 8, 15, 22, 29	7:00pm – 9:00pm

Tuesdays

January 6, 20	7:00pm – 9:00pm
February 3, 17	7:00pm – 9:00pm
March 3, 10, 17, 24	7:00pm – 9:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	7:00pm – 9:00pm
February 4, 11, 18, 25	7:00pm – 9:00pm
March 4, 11, 18, 25	7:00pm – 9:00pm

Fridays

February 20, 27	7:30pm – 9:30pm
March 6, 13, 20, 27	7:30pm – 9:30pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

16U

Sundays

December 7, 14, 21	5:00pm – 7:00pm
January 4, 11, 18, 25	7:30pm – 9:00pm
February 1, 15, 22	7:30pm – 9:00pm

Tuesdays

December 2, 9, 16	6:00pm – 8:00pm
January 13, 27	7:00pm – 9:00pm
February 10, 24	7:00pm – 9:00pm

Wednesdays (Performance Training &Clinic)

January 7, 14, 21, 28	7:00pm – 9:00pm
February 4, 11, 18, 25	7:00pm – 9:00pm
March 4, 11, 18, 25	7:00pm – 9:00pm

Fridays

December 12	6:00pm – 8:00pm
January 2, 16, 30	5:00pm – 7:00pm
February 20, 27	5:00pm – 7:00pm

Central PA's Premier Sports Complex and home to the Central Penn Renegades

18U

Sundays

December 7, 14, 21	5:00pm – 7:00pm
January 4, 11, 18, 25	7:30pm – 9:00pm
February 1, 15, 22	7:30pm – 9:00pm

Wednesdays (Performance Training & Clinic)

January 7, 14, 21, 28	7:00pm – 9:00pm
February 4, 11, 18, 25	7:00pm – 9:00pm

Jess Oneal – Performance Training

Wednesdays

January 7, 14, 21, 28	5:00pm – 9:00pm
February 4, 11, 18, 25	5:00pm – 9:00pm
March 4, 11, 18, 25	5:00pm – 9:00pm