

## 2018 Cangelosi Blacksox 13-14u teams



- All players receive an ELITE membership (\$1,320 value)
- Nov. 6-Mar. 4, 1x per week training (16 sessions)
  - 2 hour sessions- players will train for 40 min on the infield covering defensive work, 40 min in (4) cages covering hitting and 40 min on (3) mounds covering pitching and catching.
  - The infield will have 3 instructors, the cages 4 instructors and the mound area 2 pitching coaches and 1 catching coach.
  - The 4 teams will train together in 3 groups of 16.
- Mar. 5-Apr. 15, teams are given 2 team practices per week for 6 weeks that include the infield for an hour, and (2) cages for an hour.
- Teams are given continued access to field time and cages for team practices after Apr. 15 as available.
- Team members are provided Monday and Wednesday Recovery and Sport Performance training time focused specifically on baseball injury prevention and optimal performance sustainment. Individuals will be taught foam rolling, self-massage, mobility and stability exercises, and strength and conditioning concepts to aid in their physical development.
- Team members receive free admission into Prep Baseball Report (PBR) Prospect Camp
- Uniform package includes: game hat (1), jerseys (2), pants (2), belt & socks.
- Season:  
10-12 tournaments
- Teams are based on 12 players
- Player fee: \$2,445
  - Payment terms: \$645 down, 8 payments of \$225 beginning on November 1.

