



- Dec. 4-Apr.1, 1x per week training (16 sessions)
 - 2 hour sessions- teams will train for 1 hour on the infield covering defensive work and 1 hour in (3) cages and (1) mound for the other hour.
 - The infield will have 2 instructors and the 3 cages will each have an instructor in them.
- Apr. 2-Apr. 29, teams are given 4 team practices that include the infield for an hour, and (2) cages for an hour.
- Teams are given continued access to field time & cages for team practices after Apr. 29 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.
- Uniform package includes: game hat (1), jersey (1), pants (1), belt & socks.
- Season:
 - 3-4 tournaments
 - COYBL League
- Teams are based on 12 players
- Player fee: \$1,495
 - Payment terms: \$495 down, 8 payments of \$125 beginning on November 1.
- Players have the option to purchase an ELITE membership (\$1,320 value) for a discounted rate of \$500. In the case of choosing this option the total fee would be \$1,995 and the payment terms would look as follows:
 - Payment terms: \$595 down, 8 payments of \$175 beginning on November 1.

