

Blast Softball Tryouts: 13u and 14u teams



- All players receive an ELITE membership (\$1,320 value)
- Dec. 4-Apr.1, 1x per week training (16 sessions)
 - 2 hour sessions- teams will train for 40 minutes on the infield covering defensive work, 40 minutes in (3) cages covering hitting, pitching/catching and 40 minutes in sports performance
 - The infield will have 2 instructors, the cages 3 instructors, and the sports performance 1 instructor
- Apr. 2-Apr. 23, teams are given 2 team practices per week for 4 weeks 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. 23 as available.
- Team members are provided Monday and Wednesday Recovery and Sport Performance training time focused specifically on 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: hat/visor, jersey (2), pants (2), belt & socks.
- Season:
 - 9-11 tournaments
 - Practice fields
- Teams are based on 12 players
- Player fee: \$2,195
 - Payment terms: \$695 down, 8 payments of \$187.50 beginning on November 1.