

Blast Softball Tryouts: Blast softball high school teams



- All players receive an ELITE membership (\$1,320 value)
- November 6 – February 18, 1x per week training (14 sessions)
 - 2 hour sessions- players train position specific (not with their team): 40 minutes of hitting, 40 minutes of defensive work, 40 minutes of sports performance training
 - The infield will have 3 instructors, the cages 4 instructors, and the sports performance 2 instructors
- 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:
 - 10-12 tournaments
 - 1-3 out of town trips
- Teams are based on 12 players
- Player fee: \$2,500
 - Payment terms: \$500 down, 8 payments of \$250 beginning on November 1.