

2018 Cangelosi Blacksox High School Teams



- All players receive an ELITE membership (\$1,320 value)
- Nov. 6-Feb. 18, 1x per week training (14 sessions)
 - 2 hour sessions- players train position specific (not with their team): 40 min of hitting, 40 min of defensive work, 40 min of sports performance training.
 - The infield will have 3 instructors, the cages 4 instructors and 2 sports performance instructor.
 - Pitchers will get 1.5 hour training sessions with 2 pitching coaches.
- Teams are given continued access to field time and cages for team practices after the high school season ends.
- 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 will participate in an organization Scout Day provided by PBR as well as receive a discount on other qualifying events from PBR.
- Uniform package includes Hat, (2) Jerseys, (1) Pants, Practice Shirt, Practice Shorts, socks, belt.
- Season:
 - 6-7 Tournaments
 - 1-3 out of town
- Teams are based on 12 position players & 4 pitcher ONLYs
- Positional Player fee: \$2,400
 - Payment terms: \$400 down, 8 payments of \$250 beginning on November 1.
- Pitcher ONLY fee: \$1,250
 - Payment terms: \$250 down, 5 payments of \$200 beginning on November 1.

