

# BO JACKSON'S ELITE SPORTS

BO JACKSON'S ELITE SPORTS

## Spring & Summer Programming

FOR AGES 3-18

2018



*Bo Jackson's*  
**ELITE SPORTS**  
TRAINING ATHLETES INSIDE-OUT

[www.bjesColumbus.com](http://www.bjesColumbus.com)  
(614)528-4555 • 4696 Cosgray Rd, Hilliard, OH 43026



**“AFTER THE  
DUGOUT...  
DIG IN.”**

**HAPPY HOUR  
MONDAY-FRIDAY, 3-6PM**

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**10 COLUMBUS LOCATIONS**

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GARY CALICOAT, PRESIDENT & CHIEF BUCKETEER



## OUR PHILOSOPHY

Bo Jackson's Elite Sports (BJES) is renowned as one of the leading indoor sports training centers in the country. As an air-supported structure we offer 114,000 square feet of unique training space for athletes, with clear spans and 72' high ceilings. BJES allows training opportunities for turf sport teams (baseball/softball, football, soccer, and lacrosse) as well as to individual athletes, of any sport, who desire to improve athleticism and personal leadership skills. BJES is home to Cangelosi Baseball, Bo Jackson's Football, Blast Softball, B.S.F. Performance, Bo Jackson's Lacrosse, Bo Jackson's Soccer. Our team has developed an extraordinary model for player development that is delivered to athletes by our professional staff of coaches. At BJES we are dedicated to "Training Athletes Inside Out" which speaks to our training philosophy to not only provide skill training, but also develop the whole athlete. From a training standpoint, we are rooted in the belief that developing athletes to be "Bigger, Stronger, Faster" gives them a competitive edge. We believe "there is an elite performer in all of us" and we are committed to helping each athlete realize his/her path to excellence.

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**GET YOUR TEAM THE  
TRAINING THEY  
DESERVE THIS SPRING!**



**8 WEEK PROGRAM  
MARCH - APRIL**

### SPRING TRAINING

This is the time of year that every Major League player reports to Spring Training to prepare for opening day and a long season. At Cangelosi Baseball we designed Spring Training to cover all aspects of the game and get you prepared to compete as a complete player! Spring Training provides you the unique opportunity to hit live pitching, and see the flight of the ball off the bat before opening day.

#### FEATURES

- Covers all aspects of the game to prepare you for your season
- Progression of training sessions leading to live on-field hitting
- Hitting instruction with Cangelosi Baseball Staff
- Throwing program to develop proper throwing mechanics for all positions
- Baserunning instruction and drills
- Speed & Agility Training

#### FORMAT

- 40 minutes in-cage hitting instruction
- 40 minutes on-field drills & game situations
- 40 minutes sports performance training with B.S.F.

**AGES:** 9-14  
**DATE:** 3/6-4/24  
**DAY:** TUES  
**TIME:** 6:00P-8:00P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$350

### YOUNG GUNS SPRING TRAINING

With a focus on preparing for the season the "Young Guns" program is designed to introduce proper baseball development at an early age. Surrounding young players with our staff's experience and respect for the game will give them a huge edge in becoming tomorrow's elite player. The younger we get kids training with a purpose, the more successful players they will be down the road.

#### FEATURES

- Allows players to concentrate on their individual development at a young age
- Progressive hitting drills from week to week
- Fundamental infield drills and absolutes
- Throwing program that promotes accuracy and proper mechanics
- Proper outfield play and base running techniques

#### FORMAT

- 40 minutes of in-cage hitting with Cangelosi Baseball staff
- 40 minutes of on-field defensive instruction
- 40 minutes agility & athleticism development with BSF Staff

**AGES:** 7-9  
**DATE:** 3/10-4/21  
**DAY:** SAT  
**TIME:** 11:30P-1:30P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$265

### LITTLE SLUGGERS SPRING TRAINING

The Little Sluggers Program is designed to instill a love for the game and all of its skills. We will use "backyard" baseball games to focus on fun ways to experience the game while still learning important skills and rules.

- Wiffle Ball
- Run-downs
- Small-sided games
- Wall Ball

#### FEATURES

- Instruction to develop proper throwing mechanics
- Fielding fundamentals
- Hitting instruction with Cangelosi staff
- Baserunning instruction and drills
- Progression of drill work each week leading into on-field games

#### FORMAT

- 45 minutes of hitting instruction in the batting cages
- 45 minutes of on-field drills/games

**AGES:** 5-7  
**DATE:** 3/10-4/21  
**DAY:** SAT  
**TIME:** 10:00A-11:30A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$195

### BASEBALL BUDDIES

Baseball Buddies is a program designed for boys and girls that promotes physical literacy in younger children by integrating basic fundamental movement skills and fundamental baseball skills. "Physical Literacy" is defined by Project Play as "the ability, confidence, and desire to be physically active for life".

#### FEATURES

- Intro to fun baseball skills & functional movement development
- Participants receive a shirt upon completion of program

**AGES:** 3-5  
**DATE:** 3/10-4/14  
**DAY:** SAT  
**TIME:** 9:00A-10:00A  
**LENGTH:** 6 WEEKS  
**PRICE:** \$90

### SPRING BREAK CAMP

This 4-day camp is designed to introduce and advance all players skills and knowledge of the game regardless of their skill level. Our professional staff will focus on skill development for throwing, catching, fielding, and hitting. We will also use fun, fast-paced rotations to keep the players engaged and mentally focused. Each day of camp will feature fun facts about the game and competitions to help build each players passion for the game.

**AGES:** 7-12  
**WEEK 1:** 3/19-3/22  
**SESSION 1:** 9:00A-12:00P (AGES 7-9)  
**SESSION 2:** 1:00P-4:00P (AGES 10-12)  
\*CHOOSE ONE SESSION

**WEEK 2:** 3/26-3/29  
**SESSION 1:** 9:00A-12:00P (AGES 7-9)  
**SESSION 2:** 1:00P-4:00P (AGES 10-12)  
\*CHOOSE ONE SESSION  
**PRICE:** \$225

## STAY SHARP

Designed to help hitters maintain their swing throughout the vigorous baseball schedule. With so much focus on playing games, players can fall into bad habits and lose track of their mechanics. The "Stay Sharp" program combats this with dynamic movement training, drill work, and live batting practice on the field. Within small groups, our instructors will help each individual hitter maintain their rhythm and set them up for strong weekend performances each week.

### FEATURES

This program will feature Neal Packanik as the lead instructor. Neal has worked with some of the top high school hitters across the state as well as college players, college teams, and professional hitters.

### SPRING- OFFENSE/DEFENSE TRAINING

**AGES:** 12-18  
**DATE:** 3/18-5/20  
**DAY:** SUN  
**TIME:** 9:00A-11:00A  
**LENGTH:** 8 SESSIONS  
**PRICE:** \$295

### SUMMER- OFFENSIVE TRAINING

**AGES:** 10-18  
**DATE:** 6/6-7/18  
**DAY:** WED  
**TIME:** 10:00A-11:30A (AGES 12-14)  
11:30A-1:00P (HIGH SCHOOL)  
**LENGTH:** 8 SESSIONS  
**PRICE:** \$225

## YOUNG GUNS STAY SHARP

The Young Guns Stay Sharp hitting program is designed to help youth hitters maintain their swing throughout their summer schedule. For these young players (ages 7-9) there are a couple of issues that can result in players falling into bad habits and losing track of their mechanics. For some, it is too many games without getting proper reps. Many kids go through an entire game and only get a couple of swings, which does not foster a good hitting approach. For others, there are too few games or practices, and those kids are looking for quality opportunities to keep hitting! The Young Guns "Stay Sharp" program combats this with dynamic movement training, drill work, and live Batting Practice on the field. Within small groups, our instructors will help each individual hitter maintain their rhythm and set them up for strong weekend performances each week.

### FEATURES

This program will feature Neal Packanik as the lead instructor. Neal has worked with some of the top high school hitters across the state as well as college players, college teams, and professional hitters.

**AGES:** 7-9  
**DATE:** 6/6-7/18  
**DAY:** WED  
**TIME:** 9:00A-10:00A  
**LENGTH:** 6 SESSIONS  
**PRICE:** \$125

### IN-SEASON RECOVERY & TRAINING

Comprehensive baseball focused sports performance program designed to focus on recovery following tournament weekend and developing fundamental movement patterns and strength for long-term development of baseball athletes. The intent is to provide a venue to work on throwing, hitting, and sports performance in an individualized manner with staff supervision, but not specific focused instruction to allow the baseball athlete to personalize their experience post-tournament weekends. Focus will be on soreness assessment, soft tissue mobilization, joint flexibility, trunk control, movement mobility and core stability.

**AGES:** 12-18  
**DATE:** 6/4-8/1  
**DAY:** MON & WED  
**TIME:** 12:00-1:30P (AGES 12-14)  
1:30P -3:00P (HIGH SCHOOL)  
**LENGTH:** 8 WEEKS/16 SESSIONS  
**PRICE:** \$225  
\*FREE FOR BLACK SOX, BJE



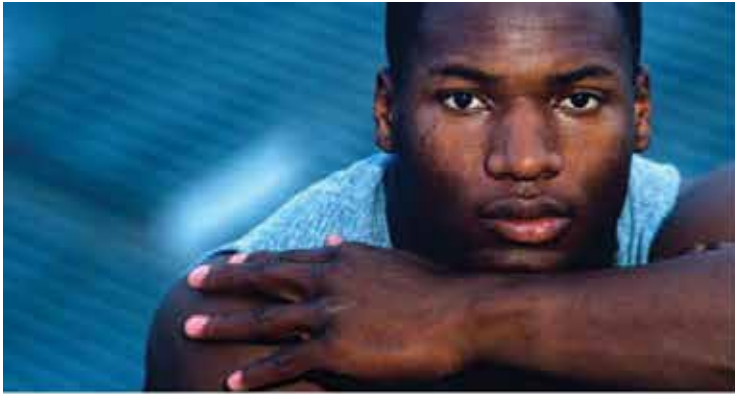
**CANGELOSI BASEBALL  
TEAM TRYOUTS  
WILL BE HELD IN JULY**

**BJE**

**Cangelosi  
Blacksox**

**CHECK WEBSITE  
FOR MORE DETAILS**





*Bo Jackson's*  
**ELITE SPORTS**  
 TRAINING ATHLETES INSIDE-OUT  
 HILLIARD, OHIO

WE ARE ALL ATHLETES.  
 FIND YOUR GREATNESS.



HILLIARD CITY SCHOOLS | BO JACKSON'S ELITE SPORTS

# SPORTS ACADEMY

SPORT PERFORMANCE | SPORT SCIENCE | SPORT LEADERSHIP

[WWW.BJESCOLUMBUS.COM/HSPA](http://WWW.BJESCOLUMBUS.COM/HSPA)

[WWW.BJESCOLUMBUS.COM](http://WWW.BJESCOLUMBUS.COM)

# Summer Camp

- All Sports Camp
- Baseball, Softball, & Football Specific Camps

## Details

- Ages 5 - 13
- Boys & Girls
- Weekly Registration Available
- Fun, Safe & Affordable

## Weeks Available

Week 1	Jun 4 - Jun 8
Week 2	Jun 11 - Jun 15
Week 3	Jun 18 - Jun 22
Week 4	Jun 25 - Jun 29
Week 5	Jul 2 - Jul 6 *No Camp Jul 4
Week 6	Jul 9 - Jul 13
Week 7	Jul 16 - Jul 20
Week 8	Jul 23 - Jul 27
Week 9	Jul 30 - Aug 3
Week 10	Aug 6 - Aug 10
Week 11	Aug 13 - Aug 17

## 10% Discounts Available

- Multi-Week Discount
- Sibling Discount
- Early Bird Discount By Apr 15

## Price

- Half Day \$150 Per Week
- Full Day \$200 Per Week

## Times Available

- Morning Camp 9am - 12pm
- Afternoon Camp 1pm - 4pm
- Full Day Camp 9am - 4pm

JUNE  
THRU  
AUGUST

Half Day  
Or Full Day  
Available

## Activities Include

Dodgeball  
Kickball  
Wiffleball  
Touch Football  
Arts & Crafts  
Capture The Flag  
Scatter Dodge  
Water Balloon Toss  
Sharks & Minnows

See  
Website  
For  
Details





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**WWW.BJESCOLUMBUS.COM**



**OUR MISSION IS TO INSTILL A LOVE AND RESPECT FOR THE GAME BY PROVIDING THE HIGHEST QUALITY FACILITIES AND PROFESSIONAL INSTRUCTION.**

**BASEBALL & SOFTBALL ELITE MEMBERSHIP**

**BATTING CAGES**

- Unlimited batting cage use including Iron Mike machine
- 24 hour advanced booking suggested
- Walk-ins based on availability
- 1/2 hour sessions

**PROFESSIONAL INFIELD USE NOV - MAY:**

- Members may use the infield Mon - Fri from 4p - 6p
- An instructor will be provided from 5p - 6p

**PROFESSIONAL INFIELD USE JUN - OCT:**

- Members are able to access fields whenever they are not in use

**ADDITIONAL BENEFITS**

- 10% off of all B.S.F. memberships
- 10% discount on camps & clinics
- 10% off private lessons
- Membership Dri-Fit Tshirt
- Includes 10 hours per week of designated climb time on The Gauntlet

**ELITE MEMBERSHIP MONTHLY FEE**

Individual	2 Siblings	Family
\$110	\$175	\$200

**BASEBALL & SOFTBALL CAGE MEMBERSHIP**

- Unlimited batting cage use including Iron Mike machine
- 24 hour advanced booking suggested
- Walk-ins based on availability
- 1/2 hour sessions

**CAGE MEMBERSHIP MONTHLY FEE**

Individual	2 Siblings	Family
\$75	\$110	\$130

**BASEBALL & SOFTBALL ELITE PLUS MEMBERSHIP**

**ALL OF THE SAME BENEFITS OF THE ELITE MEMBERSHIP PLUS 24 WEEKS OF PLAYER DEVELOPMENT PROGRAMS. CHOOSE 3 OF OUR 4 YEAR ROUND PROGRAMS:**

**FALL BALL**

- Sept - Oct - 8 week program
- \*Elite Plus Members receive a \$300 towards the fall program of their choice.

**WINTER HITTING LEAGUE**

- Nov - Dec - 8 week program

**CACTUS LEAGUE**

- Jan - Feb - 8 week program

**SPRING TRAINING**

- Mar - Apr - 8 week program

**ELITE PLUS MEMBERSHIP MONTHLY FEE**

Individual	2 Siblings	Family
\$165	\$275	\$375



**BSF SPORTS PERFORMANCE SEMI PRIVATE MEMBERSHIP**

For athletes and individuals High School and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive program is designed.

**MONTH TO MONTH**

- \$250/Monthly- Non-Member
- \$225/Monthly- Dome Member

**6 MONTH MEMBERSHIP**

- \$200/Monthly- Non-Member
- \$180/Monthly- Dome Member

**12 MONTH MEMBERSHIP**

- \$165/Monthly- Non-Member
- \$150/Monthly- Dome Member

**FOOTBALL, SOCCER & LACROSSE MEMBERSHIP**

- Ten hours of multi-purpose field time each week
- 10% discounts on all private lessons, camps, and clinics
- 15% off of all B.S.F. memberships
- Includes 10 hours per week of designated climb time on "The Gauntlet"
- Membership Dri-Fit Tshirt

**ELITE PLUS MEMBERSHIP MONTHLY FEE**

Individual	2 Siblings	Family
\$85	\$135	\$165



**BSF PERFORMANCE MEMBERSHIP INQUIRIES**

**Dr. James Onate**  
 Director of Sports Performance  
 INFO@BJESColumbus.com

**DOME MEMBERSHIP INQUIRIES**

INFO@BJESColumbus.com

**ALL MEMBERSHIPS ARE 12 MONTHS**

**1 year contracts billed monthly. All memberships are automatically renewed on an annual basis unless canceled by member.**





## BASEBALL & SOFTBALL PRIVATE LESSONS

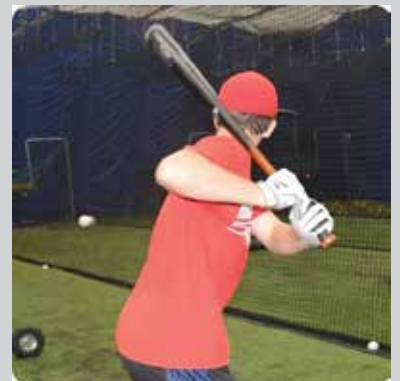
**PRACTICE TURNS THEORY INTO TECHNIQUE,  
TECHNIQUE INTO HABIT, & HABIT INTO REACTION.**

### AT CANGELOSI BASEBALL...

we have designed a proven approach for player development. Our professional instruction and expert evaluation helps players advance effectively and develop the skills needed to succeed in the game. Whether the player is just starting to play baseball or is pursuing a college scholarship our staff has the credentials, knowledge and passion to impact each player.

### THE BLAST SOFTBALL MISSION...

BJES Softball Director Cammi Prantl and her staff will instill a love and respect for the game of softball by providing the highest quality training facilities and professional instruction. The Blast Softball staff has the credentials, knowledge and passion to help each player achieve her greatest potential, and the understanding of how to guide that player to the next level.



### HOUSE INSTRUCTORS

Individual Lesson – \$50

LESSONS	BREAKDOWN	TOTAL
4 pack	\$46/lesson	\$184
8 pack	\$40/lesson	\$320
18 pack	\$36/lesson	\$648
10% off for members		

### HOUSE PLUS INSTRUCTORS

Individual Lesson – \$60

LESSONS	BREAKDOWN	TOTAL
5 pack	\$55/lesson	\$275
10 pack	\$52/lesson	\$520
10% off for members		

### QUESTIONS

For more information please contact our front desk staff at:

**PHONE**  
(614)528-4555

**EMAIL**  
INFO@BJESCOLUMBUS.COM

**SPRING TRAINING**

We have designed Spring Training to cover all aspects of the game and get you prepared to compete as a complete player! Spring Training provides you the unique opportunity to hit live pitching, and see flight of the ball off the bat before opening day.

**FEATURES**

- Throwing program to develop proper throwing mechanics for all positions
- Speed and Agility training
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills
- Game-like situations and scrimmages

**FORMAT**

- 40 minutes in-cage hitting instruction
- 40 minutes on-field drills & game situations
- 40 minutes sports performance training with BSF

**AGES:** 7-14  
**DATE:** 3/7-4/29  
**TIME:** WED 6:00P-8:00P OR SAT 9:00A-11:00A  
**LENGTH:** 8 WEEKS  
**PRICE:** \$350

**IN-SEASON RECOVERY & TRAINING**

Comprehensive softball focused sports performance program designed to focus on recovery following tournament weekend and developing fundamental movement patterns and strength for long-term development of softball athletes. The intent is to provide a venue to work on throwing, hitting, and sports performance in an individualized manner with staff supervision, but not specific focused instruction to allow the softball athlete to personalize their experience post-tournament weekends. Focus will be on soreness assessment, soft tissue mobilization, joint flexibility, trunk control, movement mobility and core stability.

**AGES:** 12-18  
**DATE:** 6/4-8/1  
**DAY:** MON & WED  
**TIME:** 12:00P-1:30P (12-14 YR OLDS) 1:30P-3:00P (HIGH SCHOOL)  
**LENGTH:** 8 WEEKS/16 SESSIONS  
**PRICE:** \$225  
 \*FREE FOR BLAST SOFTBALL PLAYERS

**STAY SHARP**

This program is designed to help hitters maintain their swing throughout the vigorous softball schedule. With so much focus on playing games in the season, players can fall into bad habits and lose track of their mechanics. The "Stay Sharp" program combats this with dynamic movement training, drill work, and live Batting Practice on the field. Within small groups, our instructors will help each individual hitter maintain their rhythm and set them up for strong weekend performances each week.

**SPRING SESSION**

**AGES:** 12-18  
**DATE:** 3/18-5/20  
**DAY:** SUN  
**TIME:** 9:00A-11:00A  
**LENGTH:** 8 SESSIONS  
**PRICE:** \$295

**SUMMER SESSION**

**AGES:** 7-18  
**DATE:** 6/5-7/24 SUMMER SESSION  
**DAY:** TUES  
**TIME:** 10:00A-11:30A (AGES 7-10) 11:30A-1:00P (AGES 11-14) 1:00P-2:30P (HIGH SCHOOL)  
**LENGTH:** 8 SESSIONS  
**PRICE:** \$225



All softball training is lead by former OSU All-American softball player Cammi Prantl.



**BLAST SOFTBALL  
 TEAM TRYOUTS  
 WILL BE HELD IN JULY**



**CHECK WEBSITE  
 FOR MORE DETAILS**





## SPRING BALL CAMP

In the life of a football player at any level, spring is the time to sharpen your game mentally and physically. Spring Ball, the third installment in the youth Off-Season Training Program, teaches our players mentality of a college program. Spring Ball delves into what it means to be a smarter football player while covering the fundamentals needed to be successful as a youth football player!

### FEATURES

- Learn the football language spoken by the pros!
- The fundamentals of safe, proper tackling, blocking, pass catching and coverage
- Weekly competition against your peers in football speed and agility drills
- Situational scrimmages and games put new knowledge to the test.
- Instruction from former NFL and D-I athletes
- Each player will receive a T-shirt

### FORMAT

- Each week we will cover an offensive and defensive position, coupled with speed and agility instruction
- 40 minutes of offense
- 40 minutes of defense
- 40 minutes of speed and agility training

**AGES:** 8-14  
**DATES:** 3/10-4/21  
**DAY:** SAT  
**TIME:** 8:00A-10:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$250

## NFL FLAG FOOTBALL

Bo Jackson's NFL Flag Football League offers a great opportunity for your child's growth and development in athleticism. It provides a fun, active environment where children from ages 5 to 9 can learn the fundamentals of team sports.

### FEATURES

- For boys and girls
- 8 players per team
- 5 on 5 games
- Players will receive NFL flag jersey and flag belt
- 50 minute games
- 1st week of league will be an instructional training camp

**DATES:** 3/3-4/21  
**DAY:** SAT  
**AGES:** 5-6 & 7-9  
**TIME:** SEE WEBSITE  
**LENGTH:** 8 WEEKS  
**PRICE:** \$125 (AGES 5-6)  
 \$150 (AGES 7-9)

## SUMMER TRAINING CAMP

Game time is right around the corner! The fourth installment of the Youth Off-Season Training Program, Training Camp prepares our athletes for the upcoming season. Our coaches will cover the fundamentals, get our athletes in great condition, and put together everything we have worked on this off-season.

### FEATURES

- Just like the pros, we'll review the fundamentals before the season starts
- Weekly competition against your peers in football speed and agility drills
- Situational scrimmages and games put new knowledge to the test.
- Conditioning to get our athletes in shape for the season
- Instruction from former NFL and D-I athletes

### FORMAT

- Each week we will cover an offensive and defensive position, coupled with speed and agility instruction
- 40 minutes of offense
- 40 minutes of defense
- 40 minutes of speed and agility training

**AGES:** 8-14  
**DATES:** 6/2-7/14  
**DAY:** SAT  
**TIME:** 9:00A-11:00A  
**LENGTH:** 7 WEEKS  
**PRICE:** \$250

## QB/WR CAMP

Quarterback Training led by Matt D'Orazio  
 Wide Receiver Training led by Keith Dimmy

### FEATURES

- Stance
- Start
- Releases
- Route Running
- Catching Techniques
- Reading Coverages
- Blocking

### FORMAT

- 15 minutes of proper warm-ups
- 45 minutes of Position Specific Work
- 30 minutes of QBS and WRs together

**AGES:** 13 & UP  
**DATES:** 1/7-3/4 SESSION 1  
 3/11-4/29 SESSION 2  
 5/6-6/24 SESSION 3  
**DAY:** SUN  
**TIME:** 8:00P-9:30P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$240



### QUESTIONS

Contact  
**NEAL PACKANIK**

Email  
**NPACKANIK@BJESCOLUMBUS.COM**

## SEMI-PRIVATE TRAINING MEMBERSHIPS

For athletes and individuals middle school and older, training takes place in a semi-private format. Our semi-private training is individualized training in a small group environment. Semi-private training is limited to a 6:1 athlete-to-coach ratio. Clients have the option to pick and choose the day and time of their training sessions, allowing for a more flexible training schedule. Each semi-private client starts with a thorough private one-on-one assessment. This process involves us taking a close look at your injury history, training experience, sport of choice, and many more factors. Based on the assessment, an individualized and comprehensive 4 week program is designed.

### PRICE PER MONTH

Month to Month -	\$225 Dome Member
	\$250 Non-Dome Member
6 Months -	\$180 Dome Member
	\$200 Non-Dome Member
12 Months-	\$150 Dome Member
	\$165 Non-Dome Member

## YOUTH DEVELOPMENT MEMBERSHIP

- Youth development membership allows access to all 8 week B.S.F. programs
- Designed for grade school & middle school
- Two times per week B.S.F. Performance Training
- Maximum 12:1 athlete to coach ratio

### PRICE PER MONTH

12 Months-	\$80 Dome Member
	\$90 Non-Dome Member

- \* All memberships automatically renewed & billed on a monthly basis
- \* 20% off for each additional family member

## TEAM TRAINING

Team training is a great way to gain an advantage over the competition, while simultaneously providing a unique team bonding experience. Team programs are fully comprehensive and address all aspects of sports performance including: mobility, power & strength, speed & agility, and conditioning. Team training sessions

are 60 minutes long and are available based on scheduling availability.

### PRICE

\$125/HR-	For groups up to 12 (Includes 2 B.S.F. Staff Member)
\$150/HR-	For groups 13-19 (Includes 2 B.S.F. Staff Member)
\$200/HR-	For groups 20+ (Includes 2 B.S.F. Staff Member)

## BSF YOUTH TRAINING

Comprehensive sports performance programs designed to develop fundamental movement patterns and basic strength for long-term development of athletes of all ages.

- 12:1 athlete to coach ratio
- Each program starts and ends with performance testing and becomes progressively more challenging as athletes advance in training ability.
- Games and competitions are regularly used to teach competitiveness and teamwork, while also developing natural athletic ability.
- Athletes are separated by age, and each program is designed for those specific age groups that focus on speed/agility development, introduction to the weight room, plyometrics, balance, core, mobility and flexibility training.
- Three different groups:
  - Grade School (ages 8-11)
  - Middle School (ages 12-14)
  - High School (ages 14-18)

**Speed/Agility-** Teaching the proper mechanics and fundamentals that will improve athletic performance and translate to improved sports performance. Using the latest technology and drills for tracking improvements.

**Explosiveness-** Implementing training methods that lead to quicker first step and the ability to jump and accelerate at a faster rate.

**Strength-** Improving strength will help the athlete become, bigger, stronger and faster that will lead in improved athletic performance, and less injuries.

**Power Development Training-** Power can be developed using many different training

methods, including resistance training, ballistic training, plyometrics, Olympic weightlifting, and combined modalities.

**Movement Performance Training-** Preparing the body for specific adaptations placed upon the body, that involves coordination, movement analysis and teaching proper body biomechanics. Performance training that is an optimal transfer from specialized and simulated exercises to that particular sport.

### SPRING SESSION

<b>DAY:</b>	MON & WED
<b>DATE:</b>	3/5-4/25
<b>TIME:</b>	6:00P-7:00P GRADE SCHOOL 7:00P-8:00P MIDDLE SCHOOL 8:00P-9:00P HIGH SCHOOL
<b>PRICE:</b>	\$320 (16 sessions x \$20 per session)

### SUMMER SESSION

<b>DAY:</b>	MON & WED
<b>DATE:</b>	6/4-8/1
<b>TIME:</b>	9:00A-10:00A GRADE SCHOOL 10:00A-11:00A MIDDLE SCHOOL
<b>PRICE:</b>	\$320 (16 sessions x \$20 per session)

## SPEED SCHOOL

For all athletes who want to enhance their running mechanics, first step quickness, and top end speed. Our comprehensive sports performance programs designed to develop fundamental movement patterns and basic strength for speed development for all ages.

<b>AGES:</b>	8-18
<b>DAY:</b>	TUES OR THUR
<b>DATE:</b>	3/6-4/26
<b>TIME:</b>	7:00P-8:00P
<b>PRICE:</b>	\$200 (8 sessions x \$25 per session)



### QUESTIONS

Contact  
**JAMES ONATE, PHD ATC, FNATA**  
DIRECTOR OF SPORTS PERFORMANCE

Email  
**JONATE@BJESCOLUMBUS.COM**



**U5 - U8 INTRO TO SMALL GROUP SOCCER TRAINING**

Develop your soccer skills with small group training. The Intro to Small Group Training is for young players to introduce core concepts of the game. It is an 8 week program that will focus on building technical skills to be more comfortable with a soccer ball at your feet. The techniques of dribbling, passing and receiving, and ball striking will be covered. Maximum number of participants: 16

**FORMAT**

- 30 minutes of technical skill training
- 30 minutes of small sided games

**AGES:** 5-8  
**DATES:** 3/12-4/30  
**DAY:** MON  
**TIME:** 6:00P-7:00P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$180

**U9 - U19 ELITE LEVEL SMALL GROUP SOCCER TRAINING**

Sharpen your technical skills with small group training. Elite Level Small Group Training is for elite club players or players who aspire to play at the highest level to build and refine technical skill and good decision making. The 8 week program will focus on individual training in a group setting. The curriculum is designed to improve dribbling, passing and receiving, finishing, and increasing speed of play.

**FORMAT**

- 30 minutes of technical skill training
- 30 minutes of small sided games
- 30 minutes of sports performance training

**AGES:** 9-19  
**DATES:** 3/12-4/30  
**DAY:** MON  
**TIME:** 6:00P-7:30P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$265



**ADULT MEN'S SUMMER LEAGUE**

BJES offers a lacrosse league in the summer months for the collegiate/adult athlete. The 7v7 platform gives the opportunity to maintain skills and connect in a competitive setting with other collegiate players.

**FORMAT**

- 7 v 7 formats
- Maximum 15 players per team
- Bo Jackson lacrosse jersey provided
- Registration in May

**AGES:** 18 & UP  
**DAY:** SUN  
**DATE:** SEE WEBSITE  
**TIME:** SEE WEBSITE  
**LENGTH:** 7 WEEKS  
**PRICE:** \$110 INDIVIDUAL  
 \$90 PER PLAYER FOR TEAMS OF 13 -15 PLAYERS

Questions?  
 Contact Rob Schmelling at  
[rschmelling@bjescolumbus.com](mailto:rschmelling@bjescolumbus.com)



**PLAN AHEAD FOR 2018/19 FIELD RENTALS!**

**CONTACT**  
**STEVE RYAN**  
[SRYAN@BOJACKSONSELITESPORTS.COM](mailto:SRYAN@BOJACKSONSELITESPORTS.COM)  
 (614)528-4555



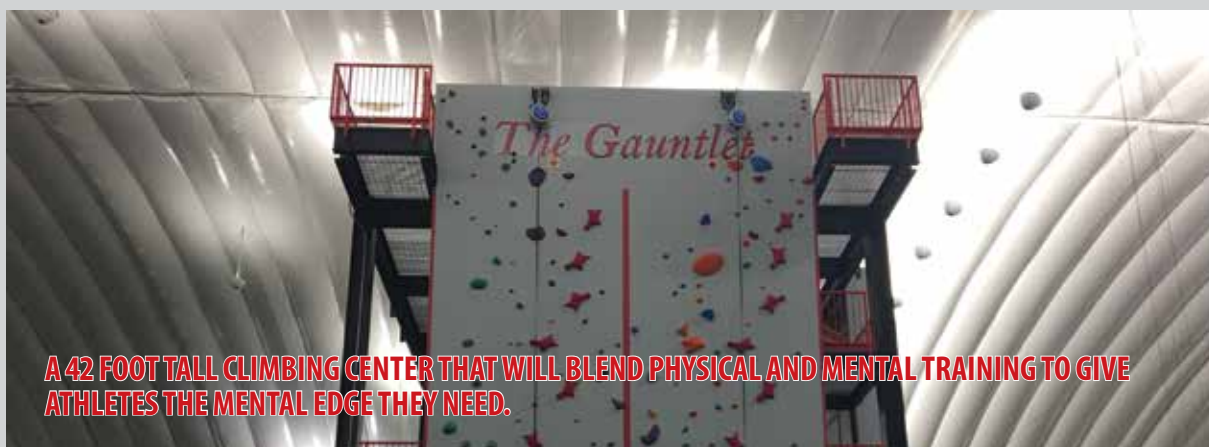


OHIO STATE SPORTS MEDICINE:  
**CARING FOR THE BUCKEYES,  
BO JACKSON'S ELITE SPORTS ATHLETES AND  
COMPETITORS EVERYWHERE.**

It's tough to perform at your best when you're sidelined by injury. **Ohio State Sports Medicine** has the bench strength of the best sports medicine physicians, orthopaedic surgeons, physical therapists, licensed athletic trainers, sport psychologists, sports nutrition consultants and clinical research specialists. Our experts provide treatment, rehabilitation and preventive strategies to keep you active for a lifetime. Learn more at [wexnermedical.osu.edu/sports-medicine](http://wexnermedical.osu.edu/sports-medicine) or call **614-293-3600** for an appointment.



**WWW.BJESCOLUMBUS.COM**



**A 42 FOOT TALL CLIMBING CENTER THAT WILL BLEND PHYSICAL AND MENTAL TRAINING TO GIVE ATHLETES THE MENTAL EDGE THEY NEED.**

**THIS ONE-OF-A TRAINING ENVIRONMENT COMBINES CLIMBING AND TEAM WORKOUTS THAT REQUIRE AGILITY, FLEXIBILITY, MENTAL TOUGHNESS, INNER DRIVE, PERSONAL LEADERSHIP, AND TEAMWORK.**

In keeping with our commitment to develop every aspect of the athletes and teams we serve, The Gauntlet Trainer employs curriculum based "workouts" that are designed to strengthen a wide array of critical skill sets. These include physical and mental workouts for individual athletes and teams. These workouts are designed to produce improvements and to strengthen skills. Programs include 50 minute to 6 hour long workouts and a limited number of overnight teambuilding experiences.

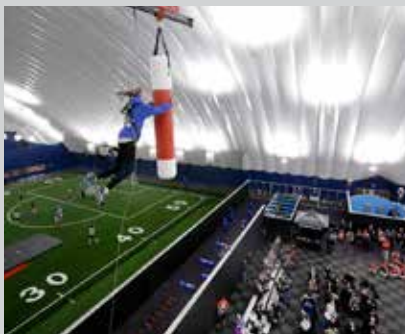
**THEMES INCLUDE**

- Improving team-performance
- Mental Fortitude
- Self Coaching & Personal Accountability
- Leadership and Decision Making
- Focus, Visioning, And Goal Setting
- Flexibility, Strength, and Agility

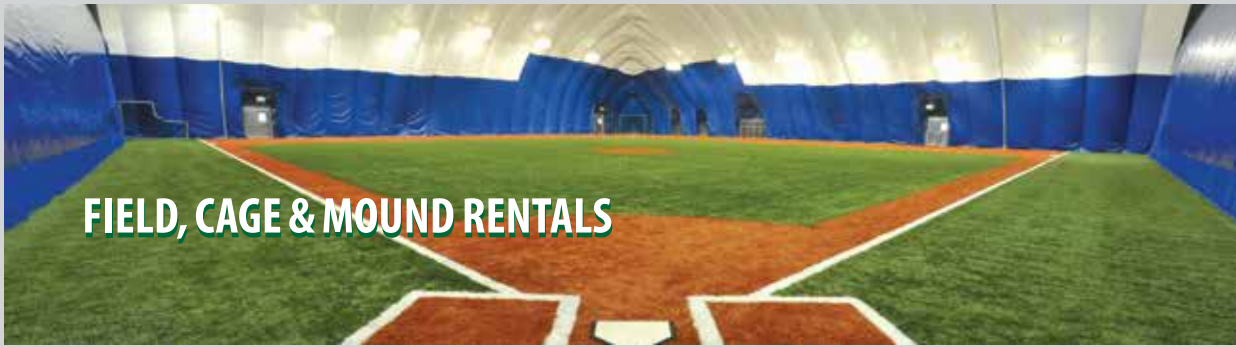
Every Gauntlet workout is predesigned, and moves through a warm up, mental focus session, review of the workout goals, and an intensity phase. Timers, intentionally designed distractions, and other elements are combined to elevate the athlete or team experience, to increase stress, and to promote healthy patters of "game-time thinking".

**WE SERVE**

We serve BJES Athletes and all types of outside teams, coaches, school groups, corporate teams, and others seeking to improve focus, teamwork, mental toughness, and motivation.







**FIELD, CAGE & MOUND RENTALS**

**MAJOR LEAGUE INFIELD**

Cangelosi Baseball's Major League infield provides a unique, unobstructed, playing surface for all ages. The field can be configured with base paths from 60 feet up to 90 feet. The full field measures 135' by 135'.

- \$225/hr

**MULTI-USE FIELD**

Our multi-use field measures 190' x 109'. This allows multiple sports to take advantage of the large practice space. Great space for outfield training, infield work, football, soccer, lacrosse along with many more turf sports.

- \$225/hr

**CAGE/MOUND RENTALS**

All of our batting cages have Iron Mike pitching machines, L-Screen and Tees. Walk-ins are always welcome!

- Batting Cage – \$40/hr & \$25/half hr
- Pitching Cage – \$35/hr & \$20/half hr
- Long Toss Area – \$30/half hour (available for 30 min sessions only)



**SOFTBALL/MULTIPURPOSE FIELD**

Our softball/multipurpose field measures 216' by 109' and is fully netted. This allows multiple sports to take advantage of the large practice space. Great space for outfield training, infield work, football, soccer, lacrosse along with many more turf sports. The field has a netted curtain which can be used to divide the field into two separate spaces. The softball field is 106' by 109'. Additional hitting/pitching cages can be lowered for team practices and instruction.

- \$225/hr for full multipurpose field
- \$175/hr for softball field only (curtains use to separate space)



Contact  
**STEVE RYAN**

**EMAIL**  
SRYAN@BJESCOLUMBUS.COM

**PHONE**  
(614)528-4555



**HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY AT BO JACKSON'S ELITE SPORTS SO THAT YOU CAN RELAX AND JOIN IN THE CELEBRATION! OUR EVENT PLANNING STAFF WILL WORK WITH YOU PRIOR TO YOUR PARTY TO PLAN OUT EVERY DETAIL.**

**On the day of the party, sit back and let us do the work – our party facilitator will make sure your children and guests are having fun while staying safe! All our events can be customized to include sports and activities, food options, invitations and most importantly, FUN.**

**BIRTHDAY PACKAGE INCLUDES**

- Party Facilitator
- Bo Jackson's Elite Sports shirt for birthday child
- 90 minutes of activity and 30 minutes of birthday room rental
- Food Options Include:  
4 Large, one topping pizzas  
Gluten Free options  
Paper products  
Pitchers of Gatorade or Pepsi Products

**ALL-STAR SPORTS PARTY**

- AGES 7 AND UP
- 2 HOURS
- 90 MINUTES OF ACTIVITY  
30 MINUTES IN PARTY ROOM

Calling all sports fanatics: host your next party at Bo Jackson's Elite Sports, Columbus's ultimate sports training destination! Our indoor turf fields guarantee a great time, rain or shine! Bo Jackson's Elite Sports will plan your games and provide all the sports equipment and staff to ensure you and your party guests have care-free, action-packed play time.

**SPORTS THEMED PARTY OPTIONS INCLUDE:**

Flag Football Skills and Drill, Dodgeball, Soccer, Kickball, Tee-ball and Wiffleball, Baseball & Softball Skills and Drills and many more! Ask us about your favorite sport!

**COST:** \$350 for up to 15 children  
\$20 for each additional child

**CREATE A COMBO PARTY**

- ALL AGES
- 2 HOURS
- CHOOSE 2 ACTIVITIES

Can't decide on just one party event? We understand...even the great Bo Jackson couldn't choose just one sport. We have an option for you too. Combo parties are available by request and consist of 2 activities which you get to choose (all ages). Our combo party includes 45 minutes of each activity you choose & 30 minutes to follow in the birthday party room.

**COMBO PARTY OPTIONS INCLUDE:**

Flag Football Skills and Drill, Dodgeball, Soccer, Kickball, Tee-ball and Wiffleball. Combo parties can also include our 45 foot rock wall, face-to-face and cargo climb. Bo Jackson's Elite Sports provides all harnesses, belaying devices and safety equipment. Ask us about your favorite sport!

**COST:** \$400 for up to 15 children  
\$20 for each additional child



# Newly Renovated! Homewood Suites Columbus-Hilliard



## SUITE AMENITIES

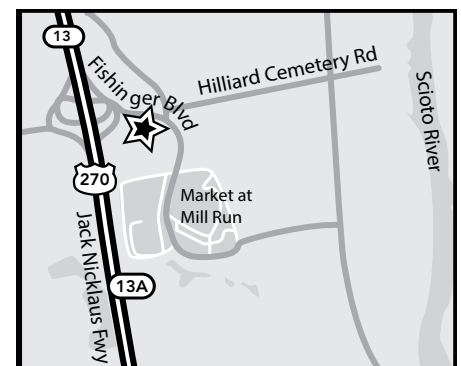
- All-suite hotel, featuring one and two bedroom suites
- Fully-equipped kitchen with refrigerator, microwave and cook top
- Spacious dining area
- Wireless high-speed Internet access

## CONVENIENCE

- Complimentary hot breakfast buffet
- Complimentary evening social wine and beer, Monday -Thursday
- On-site convenience store
- Extended stay rates
- Heated indoor pool and spa
- Fitness center
- Outdoor patio and gas grill
- Business center with fax and copy service
- Guest laundry facility and dry cleaning service
- Grocery shopping service
- 100% non-smoking
- Hilton HHonors Guest Loyalty Program

## LOCAL ATTRACTIONS

- Center of Science & Industry
- City Center
- Columbus Museum of Art
- Columbus Zoo
- Convention Center
- Downtown/State Capitol
- Easton Mall



## Homewood Suites by Hilton® Columbus-Hilliard

3841 Park Mill Run Drive

Hilliard, OH 43026

614.529.4100

[columbushilliard.homewoodsuites.com](http://columbushilliard.homewoodsuites.com)

*Bo Jackson's*  
**ELITE SPORTS**  
TRAINING ATHLETES INSIDE-OUT

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OFFICIAL PARTNERS

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**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER