

## 2019 Cangelosi Black Sox 10U-14U

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### Membership

- All players receive an **Elite Membership** (\$1,320 value), which includes:
  - Unlimited field, cage and mound access at the Bo Jackson's Elite Sports facility during member time: Monday-Friday, 4pm-6pm
  - Additional field, cage and mound access at the Bo Jackson's Elite Sports facility during operating hours, upon availability
  - 10% discount on camps, clinics and private lessons
  - 50% off all B.S.F. memberships



### Offseason Training

- November – April, 1x per week (23 sessions)
  - 2 hour sessions – teams will train for 1 hour on the multi-purpose field, covering defensive work and baserunning, and 1 hour in (2) cages and (1) mound.

### Flex Spending Package

- Teams are given \$4,200 worth of credit that can be used towards:
  - Additional field, cage, or mound usage
  - Cangelosi Baseball instructors during team practices
  - Individual player development (i.e. skill-development programs, private lessons)

### Uniform Package

- Game hat (1), jersey (2), pants (2), belt & socks

### Game Schedule

- 8-10 Tournaments
- League Games

**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.**

### Sports Medicine/Physical Therapy

- Bo Jackson's Elite Sports is proud to partner with The Ohio State University Wexner Medical Center Sports Medicine team. Beginning July 2018, OSU will be a permanent tenant at Bo Jackson's Elite Sports.
- Training room hours will be provided by Ohio State University athletic trainers for players who need assessed, iced, wrapped, etc.

### Other Team Member Benefits

- All players will receive a prescreening assessment provided by The Ohio State University Wexner Medical Center Sports Medicine team.
- All players 13U & up will receive an AthleteTypes TAP assessment (used by the NFL & MLB for pre-draft assessment).
- All team members receive 25% off Prep Baseball Report (PBR) events.
- All team members receive a discount on Phoenix Bats.

### Roster

- Teams are based on 12 players

### Player Fee: \$2,595

- Payment terms: \$595 deposit, 8 payments of \$250 beginning on November 1<sup>st</sup>