

2019 Cangelosi Black Sox 15U-18U (High School)



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 – February, 1x per week (16 sessions)
 - 1.5 hour sessions – players train position specific (not with their team): 45 minutes of hitting and 45 minutes of defensive work.
 - The infield will have 3 instructors and the cages will have 4 instructors.
 - Pitchers will get 1.5 hour training sessions with 2 pitching coaches.

Team members will participate in an organizational Scout Day provided by Prep Baseball Report (PBR)

Flex Spending Package

- Teams are given \$2,300 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), Dri-Fit practice shirt, belt & socks

Game Schedule

- 7 Tournaments (1-2 out of town)

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 position players & 4 pitcher ONLYs

Player Fee

- **Position Player: \$2,500**
 - Payment terms: \$500 deposit, 8 payments of \$250 beginning on November 1st
- **Pitcher ONLY: \$1,250**
 - Payment terms: \$250 deposit, 5 payments of \$200 beginning on November 1st