Blast Softball Tryouts: 16u and 18u Teams

- November – February 2x per week training (20 Sessions)
    - 2 hour sessions – teams will train for one hour on the field and one hour in the cages and mound.
    - There will be 6 Bo Jackson Softball Staff instructing the teams at each training session
- All team members have a membership to the facility
- Teams will have a Professional Bo Jackson Softball Coach (Non Parent Coached Team)
- Teams will have continued access to field time and cages for team practice as we have it available
- 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.
- **Nike Uniform Package includes:**
    - Fall uniform: Dry-fit shirt (Jersey), Pants, Belt, Socks
    - Summer uniform: 2 Jerseys, additional pant
    - Helmets and Bat Bags are included
- 50% off all BSF Memberships at The Dome
- 10% off on any softball program at The Dome

Season:

- 9-10 Tournaments – Spread between Fall, Winter and Summer

- Teams are based on 12 players
- Player Fee: $2,595 per player
    - Payment Terms: $595 down, 8 payments of $250 beginning on October 1