

Blast Softball Tryouts: 8u and 10u Teams

- December – April 1x per week training (16 Sessions)
 - 2 hour sessions – teams will train for one hour on the field and one hour in the cages and mound.
 - There will be 3 Bo Jackson Softball Staff instructing the teams at each training session
- April – teams are given team practices that include the infield for an hour and 2 cages for an hour
- 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.
- Uniform Package includes: Jersey, Pant, Belt and Socks. Team members will also receive a dry fit practice shirt that will be used as an alternative jersey top.
 - Helmets and Bat Bags are included
- 50% off all BSF Memberships at The Dome
- 10% off on any softball program at The Dome
- **Season:**
 - 2-4 Tournaments
 - i-270 or Maninno's Summer league (20 games plus playoffs)
- Teams are based on 12 players
- Player Fee: \$1,495 per player
 - Payment Terms: \$495 down, 6 payments of \$125 beginning on November 1