

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

# FALL GUIDE 2018

- BASEBALL
- FOOTBALL
- SOFTBALL
- LACROSSE
- SOCCER
- SPORTS PERFORMANCE



**80 JACKSON'S  
ELITE SPORTS**

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

**(614) 528-4555 • 4696 COSGRAY ROAD, HILLIARD, OHIO 43026**



**Families with student athletes  
need extra help when it comes  
to planning for college.**

# BECAUSE

## You Can't Major In Your Sport.

College Liftoff works one-on-one with student athletes and their families to create the most successful path into and out of college.

By working with scholarships, coaches and program styles, plus working through areas of academic study and financial fit, we ensure your student athlete's brightest future while saving you thousands of dollars.

*College Liftoff has helped more than 600 students find their best career path and helped their families save more than \$30 million in higher education. Let us do the same for you.*

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[www.collegeliftoff.com/](http://www.collegeliftoff.com/)



## 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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## CANGELOSI FALL TRAINING

The Fall is the time for players to improve their individual skills. The Cangelosi Fall Training Program includes training sessions twice a week for 8 weeks to help each player achieve the skill development and knowledge they need to prepare for the upcoming season. Playing games provides valuable reps for players, but training is what a player needs to realize true improvement. Our training sessions for positional players and pitchers will have a comprehensive approach to allow each player to work on their full development including athleticism through our Sports Performance.

### POSITIONAL TRAINING

**AGES:** 10-18  
**DATES:** 8/14-10/4  
**DAYS:** TUES & THUR  
**TIME:** 6:00P-8:00P

**PRICE:** \$695

### PITCHER TRAINING

**AGES:** 10-18  
**DATES:** 8/13-10/3  
**DAYS:** MON & WED  
**TIME:** 6:00P-7:30P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$495

## CANGELOSI HIGH SCHOOL FALL LEAGUE

The Cangelosi Fall League will provide HS baseball players across the state of Ohio a forum to improve their skills and develop their games. Fall Baseball is a great time to focus on personal development and potential positional depth. The league will be divided into a junior varsity (2021 & 2022 Grads) and varsity (2019 & 2020 Grads) division.

Games will be played at various college fields each weekend in order to provide our players exposure to those coaching staffs.

### FEATURES

- 5 weeks of doubleheaders (10 Games)
- 14-16 players per team
- Teams coached by Cangelosi Staff
- Games played at college fields across Ohio (HS fields may be used in certain cases)

### WORKOUT DAY

On Sunday, August 26th, we will host a workout day in the dome for Fall Ball par-

ticipants. The 2019 and 2020 grads are welcome to workout from 11am-1pm and the 2021 and 2022 will be able to workout from 1pm-3pm. The workout will include Sports Performance assessments.

### GAME DATES

9/9, 9/16, 9/23, 9/30, 10/7  
 PBR Showcase: 10/8

### PRICE:

**GAMES & TRAINING**  
 Positional Player & Training - \$895  
 Pitcher & Training - \$695

### GAMES ONLY

Positional Players - \$395  
 Pitcher Only - \$295

## CANGELOSI YOUTH FALL LEAGUE

Fall is an important time for youth baseball players to work on their game and develop their skills. We are excited to announce our Youth Fall League. League play consists of 6 weeks of weekend doubleheaders in the friendly confines of our state of the art dome. In addition to game play, teams and individuals can choose to participate in the weekly training to ensure they are maintaining their skills. Team pricing is also available.

### GAMES

(6) Doubleheaders on Saturdays or Sundays  
 August 25 - October 7  
 No games Labor Day Weekend

### TRAINING

Comprehensive offense, defensive, and sports performance

**AGES:** 8U-10U  
**DATES:** 8/22-10/3  
**DAY:** WEDNESDAY  
**TIME:** 6:00P-7:30P  
**LENGTH:** 8 WEEKS  
**PRICE:**

Individual: Training & Games - \$350  
 Individual: Games Only - \$199  
 Teams: Training & Games - \$3000  
 Teams: Games Only - \$1500

## YOUNG GUNS

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 & proper mechanics
- Proper outfield play and base running techniques
- Limited to 16 players per session

### FORMAT

- 30 minutes offensive instruction, including in-cage hitting & on-field base running instruction with Cangelosi baseball staff
- 30 minutes defensive (infield & outfield) instruction
- 30 minutes proper warm-up & throwing mechanics

**AGES:** 7-9  
**DATES:** 9/1-10/20  
**DAY:** SATURDAY  
**TIME:** 11:30A-1:00P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$265

## LITTLE SLUGGERS

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

**AGES:** 5-7  
**DATE:** 9/1-10/20  
**DAY:** SATURDAYS  
**TIME:** 10:00A-11:30A  
**LENGTH:** 8 WEEKS  
**PRICE:** \$225

## BASEBALL BUDDIES

Baseball Buddies is a program 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”.

## PROGRAM DETAILS

- Intro To Fun Baseball Skills & Functional Movement Development
- Participants Receive A Shirt Upon Completion Of Program

For more information:

Neal Packanik (614) 962-6651  
npackanik@bjescolumbus.com

**DATE:** 9/1-10/6

**DAY:** SATURDAY

**AGES:** 3-5

**TIME:** 9:00A-10:00A

**PRICE:** \$90

- Scouted by many coaches from D-II, D-III, NAIA and Junior Colleges
- Registration gives the athlete two sessions (1 each weekend) same format each weekend, different college coaches.
- No other camp provides you with such direct access to college coaches

The camp is open to any and all entrants limited only by number, gender and age

**AGES:** OPEN TO ALL HIGH SCHOOL AGED PLAYERS

**DATES:** 10/27 & 11/3

**PRICE:** \$350 POSITIONAL PLAYER  
\$150 PITCHER ONLY  
\$450 COMBO PLAYER (POSITIONAL PLAYER WHO ALSO WANTS TO PITCH IN FRONT OF THE COACHES)



## COLLEGE DEVELOPMENT CAMP

For over a decade Cangelosi Baseball has conducted one of the top camps that blends instruction by D-I College coaches with showcasing to College coaches of all levels. The camp has proven to be a great conduit for players to be recruited by the coaches who attend.

## FEATURES

- 30 Division I coaches instruct at the camp

## BASEBALL QUESTIONS

Contact  
**NEAL PACKANIK**

Email  
**NPACKANIK@BJESCOLUMBUS.COM**

## BLAST SOFTBALL TRYOUTS

Bo Jackson's Elite Sports will be conducting tryouts for our 2018 Blast and BJE Softball Teams on the dates listed. Our tryouts will include an evaluation day. When registering for the tryouts, please select which age group you are trying out for (8u-High School).

### PROGRAM FEATURES:

TRAVEL TEAMS

### PROGRAM FORMAT:

TRYOUTS

### AGES:

8U – 18U

### PRICE:

NO CHARGE



### TRYOUT DATES AND TIMES

**8U 6:00 JULY 31**

**10U 7:30 JULY 31**

**12U 6:00 AUG 1**

**14U 7:30 AUG 1**

**16U 6:00 AUG 2**

**18U 7:30 AUG 2**

## SOFTBALL QUESTIONS

Contact  
**CAMMI PRANTL**

Email  
**CPRANTL@BJESCOLUMBUS.COM**

## BO JACKSON SOFTBALL FALL TRAINING

Fall is the time for players to work on their skills and apply them in fall games. Our Fall Training program will help players develop their offensive and defensive skills, as well as increase their athleticism through our Sports Performance.

## FEATURES

- Comprehensive training to develop the complete softball player

## FORMAT

- 40 min of in-cage hitting instruction
- 40 min of on-field drills
- 40 min of sports performance training

**AGES:** 8-12, & 13-18

**DATES:** 8/22-10/10

**DAY:** WEDNESDAY

**TIME:** 6P-8P (8-12 YR OLDS)  
8P-10P (13-18 YR OLDS)

**LENGTH:** 8 WEEKS

**PRICE:** \$325





Bo Jackson's Elite Sports will be conducting tryouts for our Cangelosi Black Sox teams and Bo Jackson Elite teams that will be competing in the spring/summer of 2019 on the dates listed below. Our tryouts will include an evaluation day and a scrimmage day. Scrimmage days may become invite only dependent upon tryout participants.



8U	EVALS	7/16	5-6:30P	BO DOME
8U	SCRIMMAGES	7/18	5P-6:30P	BO DOME
9U	EVALS	7/16	6:30P-8P	BO DOME
9U	SCRIMMAGES	7/18	6:30P-8P	BO DOME
10U	EVALS	7/9	5P-6:30P	BO DOME
10U	SCRIMMAGES	7/10	5P-6:30P	BO DOME
11U	EVALS	7/9	6:30P-8P	BO DOME
11U	SCRIMMAGES	7/10	6:30P-8P	BO DOME
12U	EVALS	7/17	5P-6:30P	BO DOME
12U	SCRIMMAGES	7/19	5P-6:30P	MUNICIPAL PARK-HILLIARD
13U	EVALS	7/17	6:30P-8P	BO DOME
13U	SCRIMMAGES	7/19	6:30P-8P	MUNICIPAL PARK-HILLIARD
14U	EVALS	7/23	5P-7P	BO DOME
14U	SCRIMMAGES	7/25	5P-7P	TBA
15U	EVALS	7/23	7P-9P	BO DOME
15U	SCRIMMAGES	7/25	7P-9P	TBA
16U	EVALS	7/24	5P-7P	BO DOME
16U	SCRIMMAGES	7/26	5P-7P	TBA
17/18U	EVALS	7/24	7P-9P	BO DOME
17/18U	SCRIMMAGES	7/26	7P-9P	TBA

**ONLINE REGISTRATION  
NOW OPEN**



## SATURDAY A.M. CAMP

11:30am - 12:30pm

4:30pm - 5:30pm

- ## PRICE

**No Refunds**



- Arkansas State
- Bucknell
- Central Michigan
- Cincinnati
- Coppin State
- Dayton
- Eastern Illinois
- Eastern Kentucky
- Eastern Michigan
- Evansville
- Harvard
- Holy Cross
- Memphis
- Middle Tennessee St.
- North Carolina A&T
- Oakland
- Ohio
- Ohio State
- Southern
- Toledo
- Wright St.
- Xavier



## 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 BO JACKSON SOFTBALL MISSION...

is to instill a love and respect for the game of softball by providing the highest quality training facilities and professional instruction. The Bo Jackson 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
5 pack	\$46/lesson	\$230
10 pack	\$43/lesson	\$430
20 pack	\$39/lesson	\$780

10% off for members



#### HOUSE PLUS INSTRUCTORS

Individual Lesson – \$60

LESSONS	BREAKDOWN	TOTAL
5 pack	\$55/lesson	\$275
10 pack	\$52/lesson	\$520
20 pack	\$48/lesson	\$960

10% off for members



#### QUESTIONS

For more information please contact our front desk staff at:

**PHONE**  
(614)528-4555

**EMAIL**  
INFO@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

## 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)

## ENDURANCE & CARDIO TRAINING THROUGH SELF DEFENSE - LEVEL ONE COURSE

This program is designed to provide an entry course to personal self- defense by utilizing a variety of Martial Arts style training, including basic kicks, strikes and protection techniques on heavy bags, pads and body opponent bags. The intent is to provide a foundation to the student in order to protect themselves from a variety of potential unwanted situations. This course will also focus on increasing cardio fitness, strength and stamina aiding in the ability to defend yourself, potential weight loss and overall wellness.

### FEATURES

- Fundamental kicking and striking
- Speed and power training
- Situational awareness techniques
- Cardio and stamina training
- Self defense powered by J5

### FORMAT

- 40 minutes of Martial Arts style coaching and training using heavy bags, gloves and pads
- 20 minutes of cardio and endurance training using a variety of equipment
- Classes available for women only, men only, and a junior program

**AGES:** 13+

**DATE:** TBD

**TIME:** 1 hour class 2x a week (days TBD)

**LENGTH:** 6 WEEKS

**PRICE:** \$240.00



### QUESTIONS

Contact

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

Email

**JONATE@BJESCOLUMBUS.COM**

## FUNCTIONAL MOVEMENT GROUP FITNESS

*"Fitness is the key to getting the most out of life. Whether you are training for a sport or for life, join us for Group Fitness. Group Fitness is for individuals that want to stay active and maintain a healthy life-style within an encouraging environment led by our elite coaches. We also offer semi-private fitness and corporate wellness classes. Come join us as we work to achieve a stronger, healthier body inside and out."- Kelsey M. Lensman, ATC*

Group Fitness classes will be held every weekday in the morning and evening (before and after work), beginning on September 4, 2018. The monthly cost is based upon the number of times you attend (but, your first class is free!) To sign up, contact the front desk at 614-528-4555 or email [info@bjescolumbus.com](mailto:info@bjescolumbus.com)

### GROUP FITNESS

Group Fitness classes are designed for busy individuals who want to stay active and maintain a healthy lifestyle in an inspiring and challenging environment.

- Classes are 45 minutes of circuit-style workouts aimed to exercise your full body in a short period of time
- Exercises will consist of upper and lower body movements, medicine ball exercises, body-weight exercises, TRX straps, and many more
- Workouts are high-intensity, high energy, and suitable for individuals with any level of experience
- Powered by KML Movement

### SEMI-PRIVATE FITNESS AND CORPORATE WELLNESS CLASSES

If group fitness does not meet your needs and you have friends or colleagues with similar fitness goals, we also offer customized semi-private fitness and corporate wellness programs.

- Programs are individualized to your small group or corporate needs
- Classes may be held in your offices or at BJES
- Training in a team environment improves results and company morale
- No experience necessary

## 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 over the course of 8 weeks. Each week will consist of 30 minutes of technical skill training, 30 minutes of small sided games, and 30 minutes of sports performance training. Maximum number of participants: 16

**AGES:** U5-U8  
**DATES:** 8/13-10/8  
**DAY:** MONDAY  
**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 over the course of 8 weeks. Each week will consist of 30 minutes of technical skill training, 30 minutes of small sided games, and 30 minutes of sports performance training.

**AGES:** 10-19  
**DATES:** 8/13-10/8  
**DAY:** MONDAY  
**TIME:** 6:00P-7:30P  
**LENGTH:** 8 WEEKS  
**PRICE:** \$265



**YOUTH AND ADULT SOCCER LEAGUES FORMING SOON!**  
 Please see the web site for further details.

[bjescolumbus.com](http://bjescolumbus.com)

## YOUTH LACROSSE LEAGUE

BJES is offering an exciting and competitive 7 v 7 lacrosse league for grades 5<sup>th</sup>-11<sup>th</sup> Grade that takes place inside the controlled environment of a world-class facility. Our lacrosse leagues promote sportsmanship and serves as a platform for our athletes to compete with and against their friends and teammates. Athletes may be signed up as a team or as individuals. If you are interested in signing up as a team, please indicate such in the notes section of the registration page.

### FEATURES

- Boys
- Athletes will be supplied Bo Jackson lacrosse jersey
- All teams will be coached by the parent of an enrolled athlete or a coach from youth program

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

### FORMAT

- 40 minute games
- Two, 20 minute halves
- Five-minute half time
- 10 games
- 7 v 7 formats
- Maximum 15 players per team

### 3 DIVISIONS:

- 5<sup>th</sup>-6<sup>th</sup> GRADE
- 7<sup>th</sup>-8<sup>th</sup> GRADE
- 9<sup>th</sup>-11<sup>th</sup> GRADE

**DATES:** 11/30-2/9

**DAY:** FRI & SAT

**TIME:** TBD

**LENGTH:** 11 WEEKS

**PRICE:** \$180/PLAYER  
 \$2700/TEAM (MAX 15)





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**WWW.BJESCOLUMBUS.COM**



## 1ST & 10 FOOTBALL CAMP

Are you a youth football All-Star? Or maybe football is brand new! No matter your skill level, 1st & Ten is for youth football players of all kinds.

On Saturday mornings for seven weeks, our athletes will learn fundamentals of the game, have fun with their Bo Jackson teammates, and compete for the title of "Bo-Bowl" champion! 1st & Ten takes place inside the world-class Bo Dome and is the first program in our four-part youth off-season training series. Class starts Saturday, November 4th. We hope to see you there!

### FEATURES

- We will cover the fundamentals of the game: safe and proper tackling, blocking, throwing, pass catching and coverage
- Weekly competition against your friends in speed and agility drills
- High energy 7-on-7 games

### 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

**AGES:** 8-14  
**DATES:** 10/29-12/10  
**DAY:** MON  
**TIME:** 6:00P-8:00P  
**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
- Players will receive NFL flag jersey and flag belt
- 1st week of league will be an instructional training camp
- All teams will be coached by the parent of an enrolled athlete or a coach from youth program

### FORMAT

- 8 players per team
- 5 on 5 games
- 50 minute games
- Two, 20 minute halves
- 5 minute half time

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

## QB/WR CAMP

Quarterback Training led by Darakatalib T. Britt  
 Wide Receiver Training led by Keith Dimmy  
 Defensive Back Training led by Tyler Everett

### PROGRAM FOCUS QB/WR:

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

### PROGRAM FOCUS DB:

- Stance
- Footwork and transition
- Route recognition
- Run support
- Man coverage (Off man/ Press man)
- Zone coverage
- Coverage disguise
- Defeating blocks
- Offensive play recognition
- Tackling

### FORMAT

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

**AGES:** 13+  
**DATES:** 11/4-12/23  
**DAY:** SUN  
**TIME:** 7:00P-8:00P  
**LENGTH:** 7 WEEKS  
**PRICE:** \$250



### QUESTIONS

Contact  
**NEAL PACKANIK**

Email  
**NPACKANIK@BJESCOLUMBUS.COM**



## 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](http://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 patterns 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.

### YOUTH, TEAM, & SCHOOL GROUPS

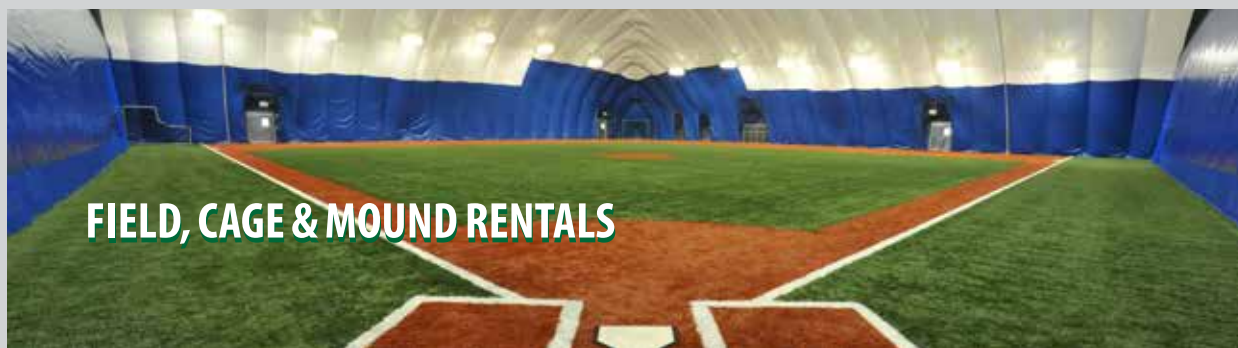
- Self Esteem And Confidence Building 101
- Coaching Yourself To New Levels Of Success
- Extraordinary Teams
- Extraordinary Leaders
- Teaming Up!

### CORPORATE & PROFESSIONAL DEVELOPMENT PROGRAMS

- Extraordinary Teams
- Extraordinary Leaders
- Teaming Up!
- Playing to Win
- Process & Communication Excellence







## FIELD, CAGE & MOUND RENTALS

### MAJOR LEAGUE INFIELDF

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)



### BOOK YOUR TEAMS WINTER PRACTICES AT THE DOME

It is that time of year again to start planning for next Winter season's practice time. Starting June 12th we will be opening up the schedule for teams looking to book 20 weeks with 2 batting cages. We have time available on weekdays and weekends on both of the Major League sized infields along with our Multipurpose field.

For Inquiries  
[INFO@BJESCOLUMBUS.COM](mailto:INFO@BJESCOLUMBUS.COM)

Phone  
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**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.**

**DOME MEMBERSHIPS**







**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



# "AFTER THE DUGOUT... DIG IN."

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MONDAY-FRIDAY, 3-6PM**

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TRAINING ATHLETES INSIDE-OUT

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