

WINTER GUIDE 2018/2019

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

Bo Jackson's
ELITESPORTS
TRAINING ATHLETES INSIDE-OUT
HILLIARD, OHIO



**BO JACKSON'S
ELITE SPORTS**

BJESCOLUMBUS.COM

(614) 528-4555 • 4696 COSGRAY RD, HILLIARD, OH 60441

SUCCESS STORY



JASMIN SINGH

College Liftoff
Class of 2014

Queen's University
of Charlotte

**Business
Administration**
Major

**Soccer
and Lacrosse**
Varsity Athlete



When we started working with Jasmin (College Liftoff Class of 2014), we began with two things: the first, determining what role she wanted to play sports in college (varsity, club or intramural); and second, her best career path.

After about 40 hours of extensive career development work, we determined that varsity soccer and a Bachelor's in Business Administration and Management were the right fits for Jasmin. So, we helped her search for colleges that were excellent at both.

We negotiated with several universities, and Jasmin picked Queen's University of Charlotte. From there we negotiated further with the soccer coach to get her the best athletic scholarship possible.

She ended up receiving both academic and athletic scholarships. Then she got recruited by Queens to play lacrosse and was offered even MORE scholarship money!

Jasmin graduated in May of 2018 making money. Between the one academic and two sports scholarships, she got a check for more than her tuition plus room and board costs!

— 66 77 —

I could go on and on, but the point is we will be forever in your debt for showing us all of the possibilities, for pointing us in the right direction and for the limitless assistance you consistently offered, always above and beyond. You never ever made us feel like we were just a client, you always remained professionally engaged and you met all three of us at the level we needed. The peace of mind that we gained from our experience with College Liftoff continues to this day. Thank you so very much.

With sincere gratitude,

Suzan Singh Parent of Jasmin,
Thomas Worthington High School Class of 2014

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.

- 
- 2 CANGELOSI BASEBALL**
 - 5 BO JACKSON SOFTBALL**
 - 6 BO JACKSON FOOTBALL**
 - 7 B.S.F. PERFORMANCE**
 - 10 PRIVATE LESSONS**
 - 11 DOME MEMBERSHIPS**
 - 12 BO JACKSON LACROSSE**
 - 14 SPORTS LEADERSHIP CENTERS & THE GAUNTLET**
 - 15 RENTALS**
 - 16 BIRTHDAY PARTIES**



WINTER HITTING LEAGUE

AGES 10-18

The Winter Hitting League is designed to allow a player to develop and understand his hitting approach. Each week, players will focus on situational hitting in the cages. They will then head onto our infield for a scored 4 at-bat game. Scores will be posted weekly online. The top two hitters in each division will receive gift certificates.

FEATURES

- League is focused on Situational Hitting
- Sports Performance Training with B.S.F.
- Pre-game hitting instruction
- Competitive On-Field Situational Hitting League
- On average, players will receive 4 on-field at bats each game
- Top 2 hitters in each age division will receive gift certificates

FORMAT

- 40 minutes in-cage hitting
- 40 minutes on-field competition
- 40 minutes sports performance training with B.S.F.

DATE: 10/30-12/18

DAY: TUES

TIME: 6:00P-8:00P AGES 10-14
8:00P-10:00P HIGH SCHOOL

LENGTH: 8 WEEKS

PRICE: \$350

YOUNG GUNS WINTER LEAGUE

AGES 7-9

With a focus on hitting 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
- Competitive on-field hitting league
- Top 2 hitters in each division receive a gift certificate
- Limited to 16 players per group

FORMAT

- 40 minutes of in-cage hitting with Cangelosi Baseball staff
- 40 minutes of on-field hitting league
- 40 minutes of athleticism development with BSF staff

DATE: 11/3-12/15

DAY: SAT

TIME: 11:30P-1:30P

LENGTH: 7 WEEKS

PRICE: \$265

LITTLE SLUGGERS WINTER LEAGUE

AGES 5-7

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

FORMAT

- 30 minutes offensive instruction, including in-cage hitting & on-field base running instruction
- 30 minutes defensive (infield & outfield) instruction
- 30 minutes proper warmup & throwing mechanics

DATE: 11/3-12/15

DAY: SAT

TIME: 10:00A-11:30A

LENGTH: 7 WEEKS

PRICE: \$195

BO’S BASEBALL BUDDIES -SESSION 1

AGES 3-5

Baseball Buddies is a program designed for boys and girls 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”.

FEATURES

- Intro to fun baseball skills & functional movement development
- Participants receive a shirt upon completion of program

DATE: 11/3-12/8

DAY: SAT

TIME: 9:00A-10:00A

LENGTH: 6 WEEKS

PRICE: \$90

HIGH SCHOOL PRE-SEASON

WORKOUTS-POSITIONAL PLAYERS

HIGH SCHOOL AGES

This program is designed for position players looking to make an impact on their high school team this spring. Meeting on Sunday evenings, this seven week program includes sports performance training with BSF, in-cage hitting, and on-field defensive work.

FORMAT

- 60 minutes explosive power and agility training with BSF Performance
- 60 minutes professional hitting instruction
- 60 minutes on-field defensive instruction

DATE: 1/6-2/17

DAY: SUN

TIME: 7:00P-10:00P

LENGTH: 6 WEEKS

PRICE: \$395

HIGH SCHOOL PRE-SEASON

WORKOUTS-PITCHERS

HIGH SCHOOL AGES

This program is designed for pitchers looking to get an edge on their competition come the high school season. This program won’t only get you ready physically, but will also breakdown the mental side of pitching.

FORMAT

- Build arm strength, pitcher fielding practice, bullpens
- 1-hour of pre-season pitching program
- 1-hour of training with BSF Performance with an emphasis on arm care, core, and legs

DATE: 1/6-2/17

DAY: SUN

TIME: 7:00P-9:00P

LENGTH: 6 WEEKS

PRICE: \$265



CACTUS LEAGUE
AGES 10-18

The Cactus League is designed to build winning baseball players by developing championship defense. Each player will get focused, position-specific attention and take advantage of our Major League sized infield. In the cages, hitters will see increased velocity week to week to prepare each player for their season.

FEATURES

- Cactus League is focused on defensive training
- Hitting instruction with Cangelosi Baseball staff
- Throwing program to develop proper throwing mechanics for all positions
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills
- Includes sports performance training

FORMAT

- 40 minutes of sports performance training
- 40 minutes of in-cage hitting instruction
- 40 minutes on-field defensive instruction

AGES: 10-14
DATE: 1/8-2/26
DAY: TUES
TIME: 6:00P-8:00P
LENGTH: 8 WEEKS
PRICE: \$350

AGES: HIGH SCHOOL
DATE: 1/8-2/12
DAY: TUES
TIME: 8:00P-10:00P
LENGTH: 6 WEEKS
PRICE: \$265

YOUNG GUNS CACTUS LEAGUE
AGES 7-9

With an on-field focus on defense 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 group

FORMAT

- 40 minutes of in-cage hitting with Cangelosi Baseball staff
- 40 minutes on-field defensive instruction
- 40 minutes agility & athleticism development

DATE: 1/12-2/23
DAY: SAT
TIME: 11:30A-1:30P
LENGTH: 7 WEEKS
PRICE: \$265

LITTLE SLUGGERS CACTUS LEAGUE
AGES 5-7

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

FORMAT

- 30 minutes offensive instruction, including in-cage hitting & on-field base running instruction
- 30 minutes defensive (infield & outfield) instruction
- 30 minutes proper warmup & throwing mechanics

DATE: 1/12-2/23
DAY: SAT
TIME: 10:00A-11:30A
LENGTH: 7 WEEKS
PRICE: \$195

BO'S BASEBALL BUDDIES -SESSION 2
AGES 3-5

Baseball Buddies is a program designed for boys and girls 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".

FEATURES

- Intro to fun baseball skills & functional movement development
- Participants receive a shirt upon completion of program

DATE: 1/12-2/16
DAY: SAT
TIME: 9:00A-10:00A
LENGTH: 6 WEEKS
PRICE: \$ 90

COLLEGE DEVELOPMENT CAMP

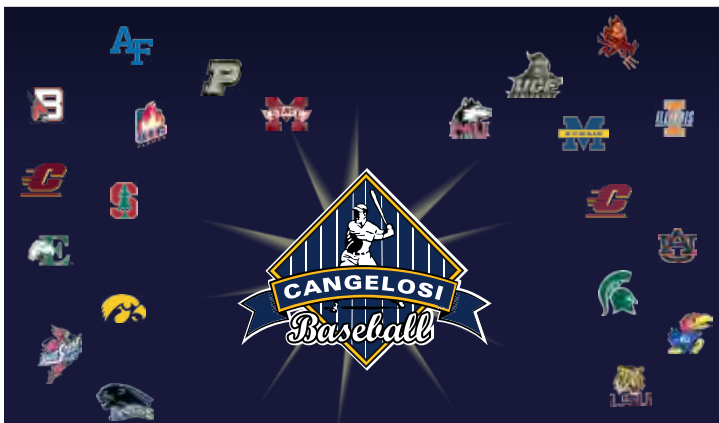
This camp is for high school baseball players who aspire to play at the next level.

FEATURES

- Over 20 D-I coaches instruct at the camp
- 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
- No refunds

AGES: HIGH SCHOOL
DATE: 10/27 & 11/3
DAY: SAT
LENGTH: 2 WEEKENDS
 1 SESSION PER WEEKEND
TIME: SEE WEBSITE
PRICE: \$350 POSITIONAL PLAYER
 \$150 PITCHERS
 \$450 COMBO PLAYERS

SEE AD ON PAGE 4 FOR DETAILS



BASEBALL COLLEGE DEVELOPMENT CAMP

For over a decade Cangelosi Baseball at our Bo Jackson's Elite Sports facility in Lockport, IL 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. We are excited to offer the College Development Camp to Central Ohio at our Bo Jackson's Elite Sports facility in Hilliard, Ohio too.

FEATURES

- OVER 20 DIVISION I COACHES INSTRUCT AT THE CAMP
- 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
- MORNING AND AFTERNOON SESSIONS AVAILABLE

DETAILS

AGES: OPEN TO ALL PLAYERS IN 8TH GRADE & UP (2019-2023 GRAD YEARS)
DATES: OCTOBER 27 & NOVEMBER 3
DAY: SATURDAYS
LENGTH: 2 WEEKENDS
 1 SESSION PER WEEKEND
TIME: SEE WEBSITE
PRICE: \$350 POSITIONAL PLAYER
 \$150 PITCHERS
 \$450 COMBO PLAYERS



GET SCOUTED

SOFTBALL COLLEGE DEVELOPMENT CAMP

Bo Jackson's Elite Sports will be holding our first ever softball college development camp. This camp will blend instruction from D-I college coaches while also showcasing their skills to college coaches of all levels. During each session of camp, athletes will receive instruction and evaluation from coaches and then showcase their abilities in a game format. Athletes will be able to work side-by-side with college coaches of all levels while refining their softball skills.

FEATURES

- DIVISION I COACHES INSTRUCT AT THE CAMP
- 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
- MORNING AND AFTERNOON SESSIONS AVAILABLE

DETAILS

AGES: OPEN TO ALL PLAYERS IN 8TH GRADE & UP (2019-2023 GRAD YEARS)
DATES: NOVEMBER 11 & 18
DAY: SUNDAYS
LENGTH: 2 WEEKENDS
 1 SESSION PER WEEKEND
TIME: SEE WEBSITE
PRICE: \$250 PER PLAYER



THESE CAMPS ARE FOR HIGH SCHOOL PLAYERS WHO ASPIRE TO PLAY AT THE NEXT LEVEL.
 A BLEND OF INSTRUCTION BY D-I COACHES WITH SHOWCASING TO COLLEGE COACHES OF ALL LEVELS



WINTER HITTING LEAGUE

AGES 8-18

The Winter Hitting League is designed to allow a player to develop and understand her hitting approach. Each week, players will focus on situational hitting in the cages. They will then head onto our infield for a scored 4 at-bat game. Scores will be posted weekly online. The top two hitters in each division will receive gift certificates.

FEATURES

- League is focused on situational hitting and sports performance training
- Pre-game hitting instruction from Blast Softball Staff
- Competitive on-field Situational Hitting League
- On average, players will receive 4 on-field at bats each game
- Top 2 hitters in each age division will receive gift certificates
- Less than \$22 per hour

FORMAT

- 40 minutes in-cage hitting with Bo Jackson softball staff
- 40 minutes on-field competition
- 40 minutes sports performance training

DATE: 10/24-12/19

DAY: WED

TIME: 6:00P-8:00P AGES 8-14
8:00P-10:00P HIGH SCHOOL

LENGTH: 8 WEEKS

PRICE: \$350

PITCHERS CAMP

AGES 7-12 & 13-18

This program is designed for pitchers looking to get an edge on their competition. This program won't just get you ready physically, it will also breakdown the mental side of pitching.

FEATURES

- Pitching mechanics for pitch control & efficiency
- Conditioning drills for increased velocity & power
- Shoulder strengthening exercises & injury prevention
- Individual confidence and mental toughness in practice & games
- Based on the experience level of the pitcher this program covers movement pitches, change-ups and spins.

AGES: 7-12

DATE: 11/5-12/10

DAY: TUES

TIME: 6:30P-8:00P

LENGTH: 6 WEEKS

PRICE: \$200

AGES: 13-18

DATE: 11/5-12/10

DAY: MON

TIME: 6:30P-8:00P

LENGTH: 6 WEEKS

PRICE: \$200

CATCHERS CAMP

AGES 8-18

The Catchers Camp is designed to help young catchers develop a complete physical and mental knowledge of the catcher position.

FEATURES

- Receiving techniques
- Throwing footwork
- Blocking fundamentals
- Game management
- Sports performance training

AGES: 8-18

DATE: 11/6/-12/11

DAY: TUES

TIME: 6:00P-8:00P

LENGTH: 6 WEEKS

PRICE: \$250

HIGH SCHOOL SOFTBALL LEAGUE

HIGH SCHOOL AGES

Don't let the cold delay your team from getting ready for the spring season. Come join us at the dome for evening games December through February.

FORMAT

- 55 minute drop dead games
- 1 hr pre-game batting cage per team
- 6 weeks of games with 2 weeks of playoffs
- 1 umpire will be provided for each game
- Hitters will start with a 1-1 count

9V9

DATE: 11/25-1/27

DAY: SUN

TIME: SEE WEBSITE

LENGTH: 8 WEEKS

PRICE: \$200 INDIVIDUAL
\$1,800 TEAM (MAX 9)

CACTUS LEAGUE

AGES 8-18

The old adage says "defense wins championships"... The Cactus League is designed to build winning softball players by developing speed and defense. Each player will get focused, position-specific attention as well as coaching in team defense concepts. Cactus League takes advantage of our full-size infield which allows for "live" softball reps to prepare the player for her season.

FEATURES

- Cactus League is focused on defensive training
- Hitting instruction with Bo Jackson softball staff
- Throwing program to develop proper throwing mechanics for all positions
- Professional fielding instruction with fundamental drill work
- Baserunning instruction and drills

FORMAT

- 40 minute in-cage hitting with Bo Jackson softball staff
- 40 minute defensive work on field
- 40 minutes sports performance training with BSF

DATE: 1/9-2/27

DAY: WED

TIME: 6:00P-8:00P

LENGTH: 8 WEEKS

PRICE: \$350

COLLEGE DEVELOPMENT CAMP

HIGH SCHOOL AGES

This camp is for high school baseball players who aspire to play at the next level.

FEATURES

- D-I coaches instruct at the camp
- 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
- No refunds

SEE AD ON PAGE 4 FOR DETAILS



1ST & 10 FOOTBALL CAMP
AGES 8-14

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.

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

- 7 weeks
- 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

DATES: 11/5-12/15
DAY: MON
TIME: 6:00P-10:00P
LENGTH: 7 WEEKS
PRICE: \$250

NFL FLAG FOOTBALL
AGES 5-6 & 7-9

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

- 8 players per team max
- 5V5 games
- Players will receive NFL flag jersey and flag belt
- 1 hour games
- 1st week of league will be an instructional training camp

DATES: 11/4-12/23 WINTER 1
 1/6-2/24 WINTER 2
DAY: SUN
TIME: SEE WEBSITE
LENGTH: 7 WEEKS
PRICE: \$150 (7-9 YR OLDS)
 \$125 (5-7 YR OLDS)

QB/WR CAMP
AGES 13 & UP

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

DATES: 11/4-12/26 WINTER 1
 1/6-2/17 WINTER 2
DAY: SUN
TIME: 7:00P-8:00P
LENGTH: 7 WEEKS
PRICE: \$250



TWO MINUTE DRILL
AGES 8-14

Covers the fundamentals necessary at the youth level while presenting new situations to our athletes.

FEATURES

- Cover the fundamentals of the game through pressure packed situations including the Two-Minute Drill, the Red Zone, the Goal Line, and more
- Athletes will be taught to think like a coach and challenged to understand the many stages of each football game
- Speed and agility competition gives our athletes the advantage on the football field while preparing them for other sports as well
- Situational scrimmages and games put new knowledge to the test
- Each player will receive a Dri-Fit T-shirt

FORMAT

- 7 weeks
- 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

DATES: 1/7-2/18
DAY: MON
TIME: 6:00P-8:00P
LENGTH: 7 WEEKS
PRICE: \$250



QUESTIONS
 Contact
NEAL PACKANIK
 Email
NPACKANIK@BJESCOLUMBUS.COM



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

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)

ADULT 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

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

senior photos • family photos • event photography • team photos posters & banners
custom designed collages • portrait retouching • drone photography



"OFFICIAL PHOTOGRAPHER OF THE BUCKEYE CRUISE FOR CANCER"



Twin Studios

PROFESSIONAL PHOTOGRAPHY

SINCE  2007

twinstudiosmock.shootproof.com
email steve@twinstudiosofcolumbus.com

  
419-564-0579
HILLIARD, OHIO



CUSTOM TEAM SPIRITWEAR & UNIFORMS

FAST • AFFORDABLE • HIGH QUALITY



ARESWEAR.COM | 800.439.8614

3704 Lacon Road | Hilliard, OH 43026



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

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.





YOUTH LACROSSE LEAGUE
AGES 5TH - 11TH GRADE

BJES is offering an exciting and competitive 7 v 7 lacrosse league for grades 5th-11th 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

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:

- 5th-6th GRADE
- 7th-8th GRADE
- 9th-11th GRADE

DATES: 11/30-2/9

DAY: FRI & SAT

TIME: TBD

LENGTH: 11 WEEKS

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

Interested in coaching?
 Contact Rob Schmelling at
rschmelling@bjescolumbus.com



HILLIARD CITY SCHOOLS | BO JACKSON'S ELITE SPORTS

SPORTS ACADEMY

SPORT PERFORMANCE | SPORT SCIENCE | SPORT LEADERSHIP

WWW.BJESCOLUMBUS.COM/HSPA



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 or call **614-293-3600** for an appointment.

TEAM BONDING
TEAM BUILDING
TEAM PERFORMANCE



"I can't thank you enough for today. My staff have overwhelmed me with positive responses. See you next time!" -Dr. Miller

LEADERSHIP & TEAMBUILDING

CORPORATE ATHLETES & TEAMS / ATHLETES & TEAMS / INDIVIDUALS & YOUTH GROUPS

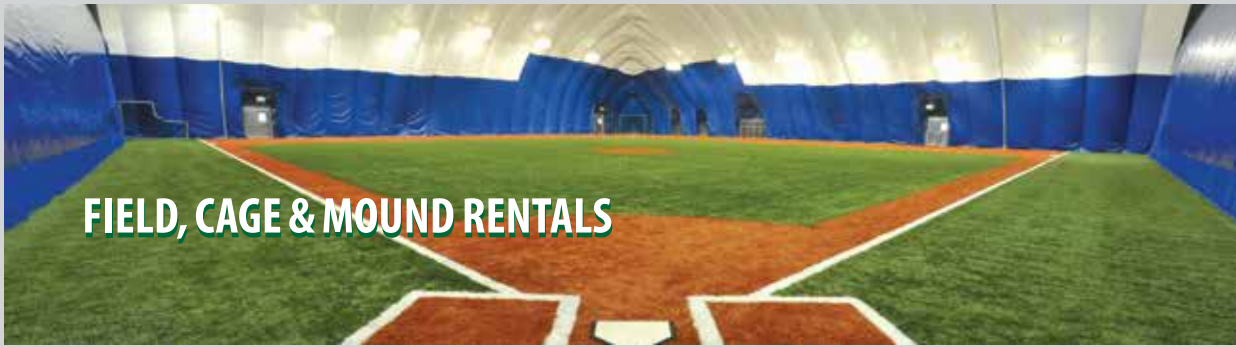
The teambuilding and leadership development programs offered by the Bo Jackson's Sports Leadership Centers of America are powerful, engaging, transformational experiences. Our deep knowledge of leadership, team and personal development has been adapted for Corporate Teams, Athletic Teams, Individuals and Youth Groups in ways that produce meaningful results rapidly.

COMPLETELY CUSTOMIZABLE
Choose From Multiple Experiences

- Team Bonding
- 3 Hour Team Building
- 5 Hour Team Performance

To learn more & schedule your next event, please contact Aaron Conrad
AConrad@BJESColumbus.com





FIELD, CAGE & MOUND RENTALS

MAJOR LEAGUE INFIELD

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)



Contact
AARON CONRAD

EMAIL
ACONRAD@BJESCOLUMBUS.COM

PHONE
(614)528-4555



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





**LEFT IT ALL
ON THE FIELD?
TIME TO FUEL UP!**

GRAB SOME GREAT GRUB AFTER THE GAME.
STOP IN OR TAKE TASTY TO-GO WITH OUR RUSTY BUCKET ORDERING APP.

10 COLUMBUS LOCATIONS
INCLUDING HILLIARD, DUBLIN, AND UPPER ARLINGTON



MYRUSTYBUCKET.COM

WWW.BJESCOLUMBUS.COM

Be Jackson's
ELITESPORTS
TRAINING ATHLETES INSIDE-OUT

OFFICIAL PARTNERS



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER