

## 14U

**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-Thursday, 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 sports performance memberships

**Offseason Training**

- November – April, 1x per week (23 sessions)
  - 2 hour sessions – teams will train for 1 hour on the baseball field, covering defensive work and baserunning, and 1 hour in (3) cages and (1) mound.

**Flex Spending Package**

- Each player will be given a credit of \$144 to be used towards skill-development programs and/or private lessons at Bo Jackson's Elite Sports.
- Teams are given \$2,000 worth of credit that can be used towards:
  - Additional field, cage, or mound usage
  - Cangelosi Baseball instructors during team practices
  - Group training sessions with Cangelosi Baseball instructors

**Uniform Package**

- A team store will be provided to order Nike uniforms and equipment needs.
- Each player will receive a Dri-Fit practice shirt.

**Game Schedule**

- 8-10 Tournaments
- League Games

**Team members 12U-18U are provided Monday & 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. OSU is 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.

**Leadership Training**

- Players will participate in team building & leadership development presented by Bo Jackson's Sports Leadership Centers of America (SLCA). SLCA will instill the skills that allow individuals to achieve courage at will, maintain focus in the face of distraction and coach themselves through challenge, adversity, fear and temptation.

**Other Team Member Benefits**

- All players 13U & up will receive a prescreening assessment provided by The Ohio State University Wexner Medical Center Sports Medicine team.
- All team members receive a discount on Phoenix Bats.

**Roster**

- Teams are based on 14 players

**Player Fee**

- Payment terms: \$645 deposit (non-refundable), 8 payments of \$250 beginning on November 1<sup>st</sup>

