

## 15U – 18U

### 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 – February, 1x per week (16 sessions)
  - 1.5 hour sessions – players train position specific (not with their team): 45 minutes of hitting and 45 minutes of defensive work.
  - The infield will have 2 instructors and the cages will have 4 instructors.
  - Pitchers will get 1.5 hour training sessions with 2 pitching coaches.

**Team members will participate in an organizational Scout Day provided by Prep Baseball Report (PBR)**

### 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.

### Game Schedule

- 7-8 Tournaments (1-2 out of town)

**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 25% off Prep Baseball Report (PBR) events.
- All team members receive a discount on Phoenix Bats.

### Uniform Package

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

### Roster

- Teams are based on 12 position players & 4 pitcher ONLYs

### Player Fee

- **Position Player**
  - Payment terms: \$300 deposit (non-refundable), 9 payments of \$250 beginning on October 1<sup>st</sup>
- **Pitcher ONLY**
  - Payment terms: \$250 deposit (non-refundable), 5 payments of \$210 beginning on November 1<sup>st</sup>

