

15U – 18U

Offseason Training

- November – February (8 sessions)
 - 3 hour sessions: 1 hour of hitting, 1 hour of defensive work, and 1 hour of player development time.
 - The infield will have 3 instructors and the cages will have 4 instructors.
 - Player development time will consist of team time or guest speakers, including college coaches, current & former professional players, and inspirational speakers.
 - Pitchers will get 1.5 hour training sessions with 1 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

- 8 Tournaments (Regional & national level events including Perfect Game events)

Team members 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 will receive a prescreening assessment provided by The Ohio State University Wexner Medical Center Sports Medicine team.
- All team members receive a 10% discount on camps, clinics and private lessons at Bo Jackson's Elite Sports.
- All team members receive 50% off all sports performance memberships at Bo Jackson's Elite Sports.
- All team members receive 25% off Prep Baseball Report (PBR) events.
- All team members receive a discount on Phoenix Bats.

Uniform Package

- New Era game hat (1), Nike jersey (2), Nike pants (2), Nike Dri-Fit practice shirt, belt & socks

Roster

- Teams are based on 12 position players & 6 pitcher ONLYs

Player Fee

- **Position Player**
 - Payment terms: \$365 deposit (non-refundable), 9 payments of \$215 beginning on October 1st
- **Pitcher ONLY**
 - Payment terms: \$250 deposit (non-refundable), 5 payments of \$210 beginning on November 1st

