

BJ Jackson's
ELITESPORTS
TRAINING ATHLETES INSIDE-OUT

HILLIARD, OHIO

FALL GUIDE 2020

- BASEBALL
- FOOTBALL
- SOFTBALL
- LACROSSE
- SPORTS PERFORMANCE



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ELITE SPORTS**

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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 AGES 10-18

As a part of our comprehensive baseball player development at Bo Jackson Elite sports, our Cangelosi Fall Training program provides players the opportunity to concentrate on developing their skills at a high level as a part of our elite training environment. Led by our Cangelosi Baseball training staff, our fall training sessions run for eight weeks with programming for pitching development and position player development. Position players train two nights a week with with top instructors and coaches. Pitchers train two nights a week led by John LaCorte.

POSITIONAL TRAINING

DATES: 8/18-10/8
DAYS: TUES & THUR
TIME: 6:00P-8:00P
LENGTH: 8 WEEKS
PRICE: \$695

PITCHER TRAINING

Led by John LaCorte, one of the most respected throwing coaches in the country.

DATES: 8/17-10/7
DAYS: MON & WED
TIME: 6:00P-7:30P
LENGTH: 8 WEEKS
PRICE: \$495

YOUNG GUNS AGES 7-9

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

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

DATES: 8/22-10/10
DAY: SATURDAY
TIME: 11:30A-1:30P
LENGTH: 8 WEEKS
PRICE: \$345

LITTLE SLUGGERS 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

DATES: 8/22-10/3
DAY: SATURDAYS
TIME: 10:00A-11:30A
LENGTH: 7 WEEKS
PRICE: \$195

BASEBALL BUDDIES AGES 3-5

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

DATES: 8/22-9/26
DAY: SATURDAY
TIME: 9:00A-10:00A
LENGTH: 6 WEEKS
PRICE: \$90



BASEBALL - SOFTBALL - TRAINING - TROHPY & AWARD



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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.

On Saturday mornings for seven weeks, our athletes will learn fundamentals of the game, have fun with their Bo Jackson teammates. 1st & Ten takes place inside the world-class Bo Dome and is the first program in our four-part youth off-season training series. 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

DATES: 11/2-12/14**DAY:** MON**TIME:** 6:00P-8:00P**LENGTH:** 7 WEEKS**PRICE:** \$250**NFL FLAG FOOTBALL****AGES 5-6**

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
- 40 minute games
- Two, 20 minute halves
- 5 minute half time

DATES: 10/25-12/13**DAY:** SUN**TIME:** SEE WEBSITE**LENGTH:** 8 WEEKS**PRICE:** \$125 (AGES 5-6)**COMPETITIVE FLAG LEAGUE****AGES 7-9 & 10-12**

Bo Jackson's Competitive Flag League features 7-on-7 full field games that incorporate more tackle football concepts like blocking, formations, and competitive strategies. Each player receives a soft shell helmet with their registration, as well as belts and jerseys.

FEATURES

- Games played the full length of our fields
- 1st week of league will be an instructional training camp
- 2 referees
- Players receive soft helmet, jersey, and flags

FORMAT

- 7-on-7 games
- 11-12 players per team
- 40 minute games with a 5 minute half time

- 1st week is team practice
- 5 weeks of regular season and 1 week of playoffs
- Teams may have bye weeks

DATES: 10/25-12/13**DAY:** SUN**TIME:** SEE WEBSITE**LENGTH:** 8 WEEKS**PRICE:** \$165 (INCLUDES SOFT HELMET)**QB/WR CAMP****AGES 13+**

Program led by former college and pro players.

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: 11/1-12/13**DAY:** SUN**TIME:** 8:00P-9:30P**LENGTH:** 7 WEEKS**PRICE:** \$250



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BASEBALL & SOFTBALL PRIVATE LESSONS

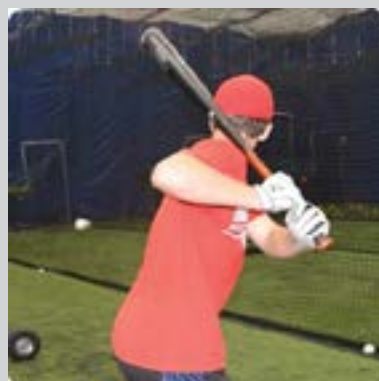
*PRACTICE TURNS THEORY INTO TECHNIQUE,
TECHNIQUE INTO HABIT, & HABIT INTO REACTION.*

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 – \$55*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$49/lesson	\$245
10 pack	\$46/lesson	\$460
20 pack	\$42/lesson	\$840

HOUSE PLUS INSTRUCTORS

Individual Lesson – \$65*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$58/lesson	\$290
10 pack	\$55/lesson	\$550
20 pack	\$51/lesson	\$1,020

HOUSE PRO INSTRUCTORS


Individual Lesson – \$75*

LESSONS	BREAKDOWN	TOTAL
5 pack	\$69/lesson	\$345
10 pack	\$65/lesson	\$650
20 pack	\$61/lesson	\$1,220

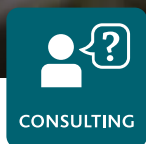
*MEMBERS RECEIVE 10% OFF INDIVIDUAL LESSONS AND PACKAGES

QUESTIONS

For more information please contact our front desk staff at:
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SMILE DOCTORS

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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)



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.

Contact

NEAL PACKANIK

NPackanik@BJESColumbus.com

Phone

614.528.4555

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

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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.

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- 3 Hour Team Building
- 5 Hour Team Performance

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










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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 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



BSF PERFORMANCE MEMBERSHIP INQUIRIES

Neal Packanik
INFO@BJESCOLUMBUS.COM

DOMES MEMBERSHIP INQUIRIES

Brandon Szink
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.



DOMES 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

INTERESTED IN HAVING YOUR BIRTHDAY AT THE DOME?

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