

BO JACKSON ELITE



Founded in 2016, Bo Jackson Elite has become one of the premier travel baseball organizations in the Midwest. The goal of our organization is to blend competition with player development. Our mission as a travel baseball Organization is to prepare each player for the "next level" of their baseball career. In our first four graduating classes (2018-2021), Bo Jackson Elite has had 100+ players commit to play at the collegiate level.

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
- **10%** off all sports performance memberships + **50%** off for each additional sibling

FLEX SPENDING PACKAGE

Each player will be given a credit of **\$168** to be used towards skill-development programs and/or private lessons at Bo Jackson's Elite Sports.

OFFSEASON TRAINING

November - April, 2x per week (23 sessions)

- **Practice #1** of the week will consist of three 40-minute rotations consisting of:
 - Hitting/pitching in (3) cages and (1) mound **with a BJES baseball instructor**
 - Defensive work and baserunning on the baseball field **with a BJES baseball instructor**
 - Team skill-work/classroom time
- **Practice #2** of the week will consist of three 40-minute rotations, run by the team's coaching staff, consisting of:
 - Hitting/pitching in (3) cages and (1) mound
 - Defensive work and baserunning on the baseball field
 - Team skill-work/classroom time

GAME SCHEDULE

- **8-10** Spring/Summer Tournaments
- League Games (depending on team)

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.

POSITION-SPECIFIC CAMPS

Bo Jackson's Elite Sports will be offering monthly position-specific camps (January-April) for BJE team members.

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.

VIRTUAL COMBINE

Virtual Combine gives Bo Jackson Elite players and staff a platform to track and house performance and strength data. The platform also helps Bo Jackson Elite staff promote athletes through social media more efficiently and send validated information to college coaches/scouts as players become recruitable athletes.

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
 - Vukgripz Bat Grips

UNIFORM PACKAGE

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

ROSTER

Teams are based on 12 players

PLAYER FEE

Payment terms: \$645 deposit (non-refundable), 9 payments of \$250 beginning on October 1st



12U-13U

2022