

ISA Softball Practice Player

Off Season Instruction Program

All Players 8U-18U

Instructional workouts: 1x/week September thru April (Mid March for 14U and Up)

- Weekly softball instruction sessions cover:
 - Defense, hitting, pitching, catching, throwing, and softball basics in a team training setting
 - Classroom instruction
 - **Open gym times/facility access will be available to Practice Players**
- 1x/week performance training session (October thru mid-March)
- Online video analysis profile personalized for each athlete that is 14U and up
- 13U and under will have performance testing to show progression

Performance Training Program

Each practice player will be a part of our Training Program as part of their program cost. Our training is a strengthening program designed to improve velocity, speed, control, mobility, flexibility and strength to allow each athlete to become a better overall softball player. Athletes will come in once a week for their training session. All sessions will be ran by a certified strength coach.

Apparel and Gear

Marucci Sports is an official partner of Impact Sports Academy and a top supplier in Major League Baseball. Owned and operated by current and former MLB players, Marucci is endorsed by many professional athletes. Through our partnership, ISA is able to offer an exclusive discount on Marucci products.

Each player will be provided access to our Marucci website to order team branded merchandise, baseball equipment and gear.

All players will receive an ISA practice shirt

Playing Opportunities

In the event an ISA House Team would need a player do to any unforeseen circumstance ISA practice players will be the first to be considered. This opportunity may be a one weekend fill-in or a full time player. If the event that a player moves on to a full time team, jersey tops would be an additional cost of \$150.

Program Cost

8U-18U Full Program

September through April

Total Program Cost: \$1,400

Due on acceptance of spot: \$500

Remaining Balance: \$129/month for 7 consecutive months (Sept - March)

All payments are non-refundable