

# ISA BASEBALL PRACTICE PLAYER PROGRAM

## Off-Season Instruction

**Instructional workouts: Sundays - September 25<sup>th</sup>-March 12th (1x per week)**

- Weekly baseball instruction sessions cover
  - o Athletes will be grouped in age-appropriate training groups
    - Session 1: 8:00-10:00 AM on Sunday
    - Session 2: 10:15 AM-12:15 PM on Sunday
  - o Defense, hitting, pitching, catching, throwing, performance training and baseball basics, in a team training setting
  - o Classroom instruction
  - o **Open gym times/facility access will be available to Practice Players**
- Performance/Hitting testing to show progression.

## Performance Training

Performance training is a part of our Practice Player Program. Our training is a speed/agility program designed to improve velocity, speed, mobility, flexibility and strength, allowing each athlete to become a better overall baseball player. Performance training will take place during practice sessions. All performance training will be designed 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 offers 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.

### **Uniform Packages**

All practice players will receive Marucci Elite Pants, ISA hat, and ISA T-shirt.

## Playing Opportunities

In the event an ISA House Team needs a player due 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 and players would be required to purchase a Black Marucci Helmet.

# Program Cost

## 8U-17U Full Program

Early-September through Mid-March

Total Program Cost: \$1,550

Due on acceptance of spot: \$500

Remaining Balance: \$150/month for 7 consecutive months (Sept - March)

*All payments are non-refundable*

# Important Dates

<i>September 25th</i>	<i>Training Begins</i>
<i>November 21<sup>st</sup>-November 27<sup>th</sup></i>	<i>Thanksgiving Break</i>
<i>December 19<sup>th</sup>-January 1<sup>st</sup></i>	<i>Winter Break</i>
<i>March 12<sup>th</sup></i>	<i>Training Ends</i>

\*There will be no make ups for weather cancellations

\*There will be no make ups for weather cancellations