

ISA SOFTBALL PRACTICE PLAYER PROGRAM

Off Season Instruction Program

All Players 8U-18U

Instructional workouts:

Sundays from September 25th-March 12th 12:30-2:30PM (1x per week)

- Weekly softball instruction sessions cover
 - 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 Program

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.

Playing Opportunities

In the event an ISA House Team would need 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 as a full-time player. In the event that a player moves on to a full-time team, uniform packages would be an additional cost of \$300.

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. All players will receive an ISA practice shirt.

Program Cost

8U-18U Full Program

Early-September through Mid-March

Total Program Cost: \$1,450

Due on acceptance of spot: \$500

Remaining Balance: \$136/month for 7 consecutive months (Sept - March)

All payments are non-refundable

Important Dates

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| September 25th | Training Begins |
| November 21 st -November 27 th | Thanksgiving Break |
| December 19 th -January 1 st | Winter Break |
| March 12th | Training Ends |

*There will be no make ups for weather cancellations

