

Fall Instructional League – 2017
Semester 1
Saskatoon



Purpose and Objective

- To provide baseball training opportunities for players in the bantam – midget age category in order to improve abilities to compete at an elite level.
- To prepare baseball athletes that aspire to play college baseball
- Provide baseball specific strength training in order to improve velocity, speed, power, and prevent injury. (Players enrolled in Academy)
- Provide fitness testing so players can measure their progress and see their improvement. (Players enrolled in Academy)
- Provide game reps for players who have been named to the Prairie Team for Tournament 12, Team Canada, Team Sask Fall events in Arizona, and other travel programs.
- Provide Midget AAA coaches an opportunity to evaluate players for the midget draft.

Option #1 Weekend Games

- Play in weekend intersquad scrimmages and games vs other Academies such as Martin and Badlands Academy from Sept 2 – Oct 15 – weather permitting.
- Evaluated by Midget AAA coaches for the midget draft if not on a midget AAA team in 2017
- One hitting session per week at Going Yard – depending on numbers more hitting sessions will be offered.
- Participant fee \$250 payable to Baseball Sask.

Option #2 – Part time Baseball Sask Academy

- Play in weekend intersquad scrimmages and games vs other Academies from Sept 2-Oct 15 – weather permitting
- Evaluated by Midget AAA coaches for the midget draft if not on a midget AAA team 2017
- 2 times per week strength training by certified coaches from Craven Sport at Going Yard even days only during the week from Tuesday through Friday from 1:00 – 3:00 pm – Sept 5 – Jan 19 (For example – the week of Sept 11-15 there would be strength training on the Tues, Sept 12 and Thurs Sept 14)
- Baseball specific training such as hitting, pitching, fielding, throwing, etc will be instructed in conjunction with the strength training on those days.
- Mondays are used as academic day / recovery day
- This program is suitable for student athletes who excel academically, budget their time efficiently, and are willing to take online classes within their school division in order to have afternoons free.
- Players who are interested in this program should contact their school councillor in order to set up their schedule for the fall of 2017 and inquire about online classes.
- Players may be eligible for Special Project credit if enrolled in this program. Special Project Credit must be approved by your principal at the beginning of the semester in the Saskatoon Public System. The Special Project Credit is handled by Cyberschool within the Catholic School System.
- Players will be given Team SK hat, tshirt and shorts
- Participant fee of \$1100 for the semester. Payments can be in postdated cheques to Baseball Sask or Credit Card.
- Players should be in grades 10-12 – some exceptions can be made for 9th graders

Option #3 – Full Time Baseball Sask Academy

- Sept 5-Jan 19
- Even days strength training at Going Yard from Sept – Oct (Tuesdays-Friday)
- Odd days baseball specific training at Going Yard or Lealos Field – Sept – Oct 17
- Mondays are academic / recovery day – no baseball or strength training
- Nov – Jan 19 – 4 times per week strength training and baseball specific training
- Week day sessions begin at 1:00 pm – 3:00 pm
- Players who are interested in this program should contact their school councillor in order to set up their schedule for the fall of 2017 and inquire about online classes.
- Players may be eligible for Special Project credit if enrolled in this program. Special Project Credit must be approved by your principal at the beginning of the semester in the Saskatoon Public System. The Special Project Credit is handled by Cyberschool within the Catholic School System.
- Cost \$1450 for the semester. Payments can be made in postdated cheques to Baseball Sask or Credit Card.
- Players should be in grades 10-12 – some exceptions can be made for 9th graders

Semester 2 – February – June 2018

Baseball Strength Training Advanced

- Feb – March 28 – 3 times per week strength training with Craven Sport at Going Yard – Monday, Wednesday and Fridays from 4:00 – 5:00 – Maximum number of players is 12. Participant fee is \$375. No training on family day in February.
- This program is suitable for players that completed strength training from Craven Sport in Semester 1 and student athletes that have had strength training instruction and programming from other sources. This is suitable for players between the ages of 15 -18.

Baseball Strength Training Intermediate

- Feb – March 28 – 2 times per week strength training with Craven Sport at Going Yard – Tues and Thursdays from 4:00 – 5:00 – Maximum number of players is 12. Participant fee is \$300.
- This training will focus on building the foundations of strength in order for athletes to compete in baseball for the upcoming season. This is suitable for players between the ages of 15-18.

Semester 2 Baseball Training

- Baseball specific training twice per week on even days between Tuesdays – Friday from Feb to June 15 – sessions begin at 1:15 – 3:00 pm. Players must take online courses in order to have afternoons free.
- Participant fee of \$500. Players are welcome to add any of the above strength training sessions.

How to register?

Please email Greg Brons – greg@baseballsask.ca - with your name and we will send you a registration form. Please indicate which program you want to register with this fall.

For more information please contact me at :

Office – (306) 975-0828

Cell – (306) 220-6953

Deadline to register is July 14th. We have limited spots.