

2020 DEVELOPING PATHWAY PROGRAM INFORMATION PACK

PROGRAM LENGTH

The Developing Pathway Program will run over 8-weeks between July 21 and September 10, 2020.

Sessions will take place at Blacktown International SportsPark on Tuesday and Thursday nights on Field 2.

Starting time for these sessions will be 6:00pm and conclude at 9:00pm. All sessions will incorporate the positional requirements of each group. The practice times have increased from last year so that we can ensure these positional requirements are met.

The Developing Pathway Program is aimed at developing the higher calibre players who will be eligible for selection in the 2021 Under 16 NSW and Country NSW teams.

PROGRAM COST

The cost of the program this year will be \$490 which breaks down to \$30 per session or \$10 per hour of programming which we consider great value considering the program content.

There will also be the option for participants to opt into our College Pathway Program with IMA Player (<https://www.baseballnsw.com.au/ima-player.html>) for a fee of \$200 which gives you 12 months of service.

PROGRAM CONTENT

All players will receive the following content –

- Post Program Physical testing
- Strength + Conditioning
- Driveline Arm Maintenance Program
- Jaeger Arm Maintenance Program
- Jaeger Long-Toss Programming

- RAPSODO Ball Flight Technology
- Weighted Ball Arm Strength Development
- Running Speed Development
- BLAST MOTION bat sensor data
- Driveline Ball Exit Speed Program.

POST PROGRAM PHYSICAL TESTING

Due to the COVID pandemic, testing will not occur at the beginning of the program due to concerns about players being in physical shape to perform the testing at MAX effort. Sydney University Sports Science Department will conduct post program testing which will also double up as State Team testing for State Team selection.

STRENGTH + CONDITIONING PROGRAM

Due to COVID restrictions, the Strength + Conditioning Program will have to take place outside of the Gym. New South Wales Institute of Sport will provide our Strength + Conditioning programming which will be implemented by our Program coaches.

ACADEMY OF SPORT SPEED AUSTRALIA – SPEED DEVELOPMENT

ASSA will be providing an updated program for this year. All participants will have access to a password protected landing page that is specific to Baseball NSW and will provide Dynamic Warm-Ups, progressive speed programming, cool down programming, and ancillary programs such as flexibility and mobility. Our program coaches will also facilitate the speed programming during our sessions.

RAPSODO PROFILES

As part of the Baseball Australia partnership with RAPSODO, all players will receive an invite to their own RAPSODO profile which will contain all the Batted Ball/Pitch ball flight data. This will be sent by e-mail to all participants

BLAST MOTION BAT SENSOR DATA

Position Player participants will have access to BLAST Motion sensors throughout the program to provide development data on attack angle, bat speed, peak hand speed and rotational acceleration.

TRIALS

The trials for the DPP will be held at :-

Blacktown International Sports Park (BISP), 81 Eastern Road, Rooty Hill.
Diamond 1 - 6pm to 9pm

Trial dates are :

July 1st - 6pm to 9pm
July 2nd - 6pm to 9pm (if required)
July 3rd - Squads selected and triallists notified of selection/non selection.

What to wear to the trials - Baseball pants, Jersey or warm up shirt, Cap, Cleats/Boots, joggers and jacket

What to bring to the trials - All baseball gear that you will need to trial for your position and to hit. Water bottle.

AGE ELIGIBILITY

The Developing Pathway Program is open for players born in the calendar years 2005 and 2006.

TRAINING SESSION DATES

Tuesdays

July 21, 28
August 4, 11, 18, 25
September 1, 8

Thursdays

July 23, 30
August 6, 13, 20, 27
September 3, 10

To register for the Developing Pathway Program, please click on the following link:-

<https://sportsmanager.ie/sportlomo/registration/event-registration/index/646>

Registrations will close at midnight on Tuesday June 30.