



# Downtown Baseball Academy

The Downtown Baseball Academy is offering professional and college level instruction with performance training to players of all ages and skill levels. Downtown Baseball believes with hard work and the correct training every player can maximize their potential.

## Downtown Baseball Academy Training

- Player will be evaluated and given individual development plan.
- 1-3 indoor training sessions per week. Each training session will consist of one hour of age-appropriate strength training and one hour of hitting. (Each session will be 1.5 hours) Players may choose number of day/s and time/s. These indoor trainings are not team specific but will be grouped into 12U and below and 13U and above. Players may come to a max of 3 sessions per week.
- One outdoor practice a week beginning early August through November (Thanksgiving). 2 hours of individual based defensive and offensive instruction.
- Discounted private (one on one) instruction.
- Placement on Downtown Baseball's Academy team eligibility roster.

Total Monthly Academy/Training Cost – All indoor and outdoor sessions will be \$14 per hour of instruction.

- Ex. #1 My son chooses to go to 2 indoor training a week and the outdoor trainings.  
A total of 4.5 hours a week X 4 weeks in a month = \$252 per month

## Downtown Baseball Academy Training for Pitching (Optional)

- 1 hour of pitching small group instruction per week.
- Jaeger Bands, Driveline Balls, Bull Pen/Short Box, Recovery and Pickoffs
- \$20.00 per session x 4 per month = \$80

## Downtown Baseball Academy Team (Additional Fees)

- Teams will play in the 2 games a week beginning after Labor Day.
- 150 League Cost/200 League Coaches Fee
- Average Tournament fee per player \$70-\$90
- Average double header fee per player \$30
- Uniform cost TBD

**Please contact Pete Pryor at (916) 601-0597**