



# 2021 Developing Pathway Program Information Pack



## Introduction

The Developing Pathway Program is aimed at players who are U16 eligible and is a combination of automatic selections and players selected from a trial process who Baseball NSW High Performance Staff see as being the top 30 U16 players in NSW.

## Program length

The Developing Pathway Program will run over **12-weeks between 15 June and 2 September, 2021.**

### **Sessions will take place at:**

Blacktown International Sports Park (Field 3) on  
Tuesday and Thursday nights

Starting time for these sessions will be 6:00pm and conclude at 9:00pm.

## Program cost

The cost of the program this year will be approximately \$600 per player which correlates to \$8.33 per hour of activity.

## Program content

### All players will receive the following content:

- Pre + Post Program Physical testing
- Strength + Conditioning
- Driveline Arm Maintenance Program
- Jaeger Arm Maintenance Program
- Jaeger Long-Toss Programming
- RAPSODO Ball Flight Technology
- Running Speed Development
- BLAST MOTION bat sensor data
- Driveline Ball Exit Speed Program

## Post program physical testing

Our partners at Sydney University will support Baseball NSW with all Pre and Post Program testing for all athletes in this program.

## Strength + conditioning program

Sydney University will also support the program with Strength + Conditioning Programming and coach assistance throughout the program for all athletes.

## Academy of Sport Speed Australia – Speed development

ASSA will aid in speed development by supplying programming for all athletes throughout the program.



## RAPSODO Profiles

Baseball NSW will supply all players with their own RAPSODO Ball Flight account that will be used through the program to track and Monitor offensive development.



## 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.

