

2021 Performance Pathway Program Information Pack





Introduction

Baseball NSW invites you to be part of the Performance Pathway Program (PPP) for 2021.

The PPP has been split into 2 squads for 2021 – National Identified Players at 18U and Emeralds Level plus State Identified Players who are U18 eligible.

As an identified Performance Pathway athlete, you are considered of a standard to represent the National Team or State Team at your relevant age group.

Program length

The HP program will run over the course of an **8-week period between 14 June and 2 September, 2021.**

The group will be split into two groups:

- Position Players on Monday, Wednesday + Saturday Mornings
- Pitchers/Catchers on Tuesday + Thursday + Saturday Mornings (Catchers ONLY)

Sessions will all be held at Blacktown International Sports Park and be held between **6:00pm and 9:00pm mid-week and 10:00am and 12:30pm on Saturday Mornings.**

Program cost

The cost of the program this year will be approximately \$600 per player for the full 12-week program.

Program content

The Positional Groups will receive the following program content:

Pitchers

- Pre + Post Program Physical testing.
- Strength + Conditioning.
- Driveline Arm Maintenance Program.
- Jaeger Long-Toss Programming.
- RAPSODO Ball Flight Technology.
- All Position Specific Skill Development.

Position Players

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



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 a Coach for 1 speed session per week. Alternative programming will also be supplied for athletes to complete in their own times.



Driveline TRAQ

Baseball Australia partnership with Driveline Baseball allows us access to the player management system known as Driveline TRAQ. Driveline TRAQ will allow us to provide additional programming that players will need to complete in their own time.



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.

