

The background of the cover is a solid teal color. In the upper center, there is a dark silhouette of a baseball. In the lower right, there is a larger silhouette of a baseball player wearing a cap and reaching up with their right hand towards the ball. The player's left hand is also visible, held out. The overall composition is simple and focused on the sport of baseball.

# 2020 Emerging Pathway Program Information Pack

## Introduction

The Emerging Pathway Program will be run by Baseball NSW over an **8-week period between July 20th and September 10th, 2020.**

The program will begin focusing on the fundamentals of baseball progressing over the 8 weeks to more advanced drills and techniques on all areas of the game. The program will be available for players of League age 11, 12, 13, 14.

Coaches will consist of past and current ABL players, NSW State coaches and Development coaching staff.

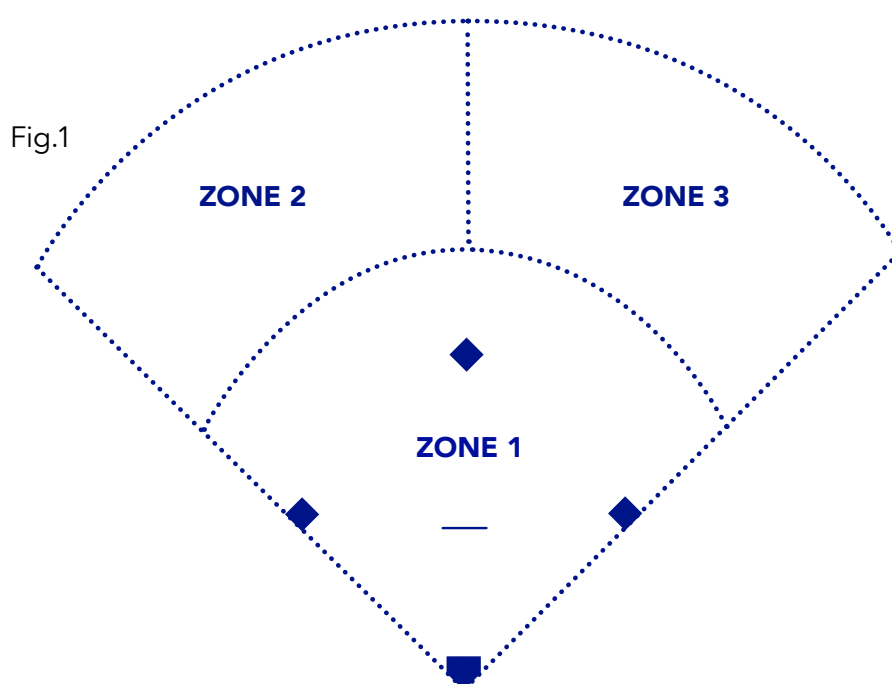
**We will be conducting the program at 3 venues across the Metropolitan area of Sydney:**

**Northern** – Aquatic Reserve, Aquatic Drive, Frenchs Forest

**Southern** – Riverside Park, Riverside Park, Riverside Park

**Western** – Blacktown International Sports Park (BISP), 81 Eastern Road, Rooty Hill

As per the current protocols released by the NSW Department of Health (28/5/20) regarding return to sports activities, each of these venues will be split into 3 zones, with 8 players and a coach in each zone, making up a total of 24 players per venue.



## Academy of Sport Speed Australia – Speed development

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.



### Trials

#### **The trials for all 3 venues will be held at:**

Diamond 2, Blacktown International Sports Park (BISP)  
81 Eastern Road, Rooty Hill.

#### **Trial dates are:**

**July 6th** – 6.00pm to 9.00pm

**July 7th** – 6.00pm to 9.00pm (if required)

**July 8th** – 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 Emerging Pathway Player Program is open for players **League Ages 11, 12, 13, 14.**

## Training session dates

### Monday's:

July 20th, 27th

August 3rd, 10th, 17th, 24th, 31st

September 7th

### Wednesday's:

July 22nd, 29th

August 5th, 12th, 19th, 26th

September 2nd, 9th

Each night the hours of training will be **6.30pm to 8.30pm**.

## Program cost

The cost of the program will be **\$450 per player**, which includes the following:

- **ASSA Speed development**
- **Long sleeve shirt**
- **T-shirt**
- **Beanie**
- **Data testing on each player's physical tools.**

This breaks down to \$28 per session or \$14 per hour of programming which we consider great value considering the program content.

The squads will be finalised on Wednesday 8th July, when the successful triallists will be invoiced for the cost of the program. **Payment due date will be 5pm Friday 17th July.**

To register for the Emerging Player Development Program, please [click here](#)  
**Registrations will close at midnight on Tuesday June 30th, 2020.**