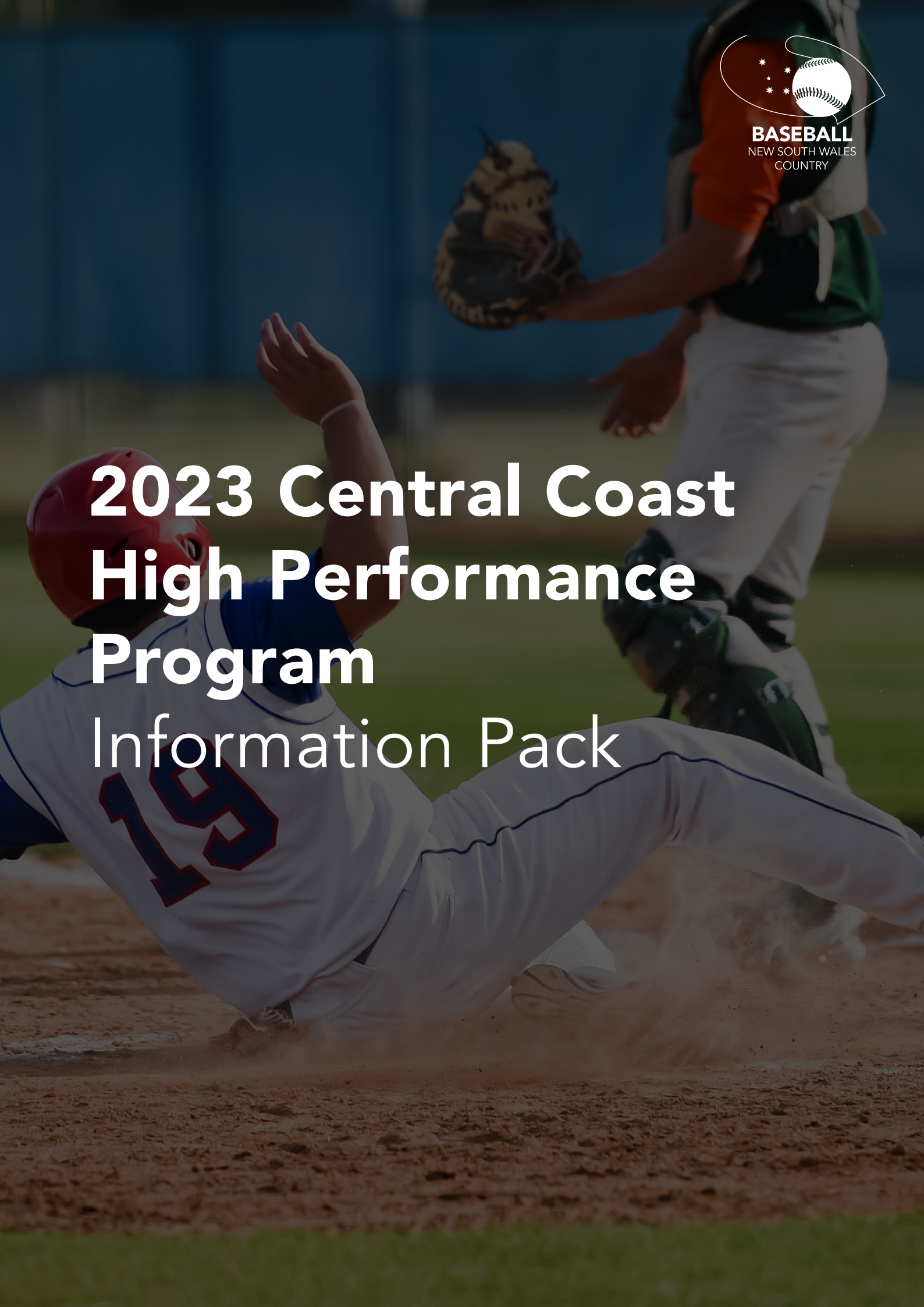




2023 Central Coast High Performance Program Information Pack





Introduction

Central Coast Baseball Associations will be conducting a High Performance Program for 2023 and are now calling upon players who wish to register for this program. Baseball NSW will be helping to coordinate the program and will be actively involved.

The program will also be made available to Newcastle Baseball Association members.

Age Eligibility

The age range for the Central Coast High Performance Program are players born in 2006, 2007, 2008 and 2009.

Cost

The cost of the program will be \$440, which includes a training t shirt, hoodie, cap. Invoices will be emailed to all participants for payment.

Training Schedule

The program will be a 10-week program comprising of 2 X 3-hour training sessions per week (Monday/Wednesday) between the dates of May 29 and August 23 at Baseball Park, Newcastle St, Springfield. It will include –

- Baseball specific skill development
- Arm velocity development
- Running speed development
- Bat speed development
- Strength + Conditioning
- Incorporation of modern technology such as Rapsodo, Blast Motion.
- Game play/awareness

Each night the hours of training will be 6:00pm to 9:00pm



Registration

If you wish to register for the Central Coast High Performance Program, please [click here](#)

Registrations to participate close 11.59pm Friday 26th May 2023

For any enquires please contact
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