



**2023 Womens  
Development  
Program  
Information Pack**



## Introduction

Baseball NSW are once again running the Women's Development Program (WDP) for 2023. This female focused, winter high performance program will run over eight weeks from mid-July to early September.

This year the Baseball NSW Women's program will be set up in two tiers. There will be the Women's Elite Tier and the Women's Futures Tier. Both programs will run on the same dates out of the same venue but will have separate session plans which will better fit the skill level of the individual player.

The Women's Futures will focus on locking down and improving fundamentals in all aspects such as hitting, all fielding positions and base running, while learning a more in-depth view of the game. The Women's Elite program will focus more on specialised target area breaking the players into certain positions and having them work specifically in those positions for the length of the program, whilst also working on advanced hitting drills.

Both tiers are great quality and regardless of current skill level it will challenge and give all athletes the best chance to develop and further their game this off season.

Coen Wynne will direct and lead the Women's Development Program and will be assisted by a pool of coaching talent who have experience at multiple levels throughout baseball including state team coaches, NSW Women's League coaches and development coaching staff.

Baseball NSW will conduct the WDP out of Blacktown International Sports Park (Diamond 3) at the same time as the other elite programs, creating a hub of high-level baseball development.

**Address**      Blacktown International Sports Park  
81 Eastern Rd  
Rooty Hill, 2766.



## **Trials**

### **The trials for the Women's Development Program will be held at:**

Diamond 2, Blacktown International Sports Park (BISP),  
81 Eastern Road, Rooty Hill, 2766

### **Trial dates will be:**

**Tuesday 20th June**

**Thursday 22nd June**

Trials will begin at **6:00pm**

### **What to wear and bring to the trials:**

- Baseball pants
- Any Baseball top (Jersey / warm up / practice)
- Cap / Hat
- Cleats / Baseball Shoes
- Joggers / Turfs (no cleats in cages)
- Jacket
- Water bottle
- Baseball Equipment (Glove, Bat, Helmet, etc.)

## **Age Eligibility**

There is no age range for the WDP, however all athletes must have birth dates in or before 2009.

## Training Dates

The actual training dates of the Womens Development Program will be:

### July

Tuesdays 18, 25  
Thursdays 20, 27

### August

Tuesdays 1, 8, 15, 22, 29  
Thursdays 3, 10, 17, 24, 31

### September

Tuesdays 5  
Thursdays 7

Each night the hours of training will be **6:30pm to 8:30pm**



## Cost

Baseball NSW are pleased to announce that the WDP will be free for all players selected into the program as part of our initiative to grow women's development and participation in the game of baseball.

If you would like to register for the Women's Development Program then please [click here](#) and fill out the form.

**Registrations close at 11:59 pm Monday the 19th of June.**

