



2024 Developing Pathway Program Information Pack

Introduction

Baseball NSW will once again be conducting our U16 Developing Pathway Program (DPP) for 2024 and are now calling upon players who wish to trial for this program. Age eligibility for this program are players born in 2009 or 2010.

Players in the DPP will be selected via a combination of automatic invites (determined by BNSW High Performance staff) and a trial process. Those players automatically selected will be advised by email.

Please note that players wishing to trial for this program should be of Division 1 club-ball standard as a minimum with the realistic potential to represent NSW at the U16 level.

Program length

The Developing Pathway Program will run over **10-weeks between June 18 and August 22, 2024.**

This 10-week program comprises of 2 x 3 hour training sessions per week.

Sessions will take place at:

- Blacktown International Sports Park (Diamond 2)
- **6pm to 9pm Tuesday and Thursday nights**

Program content

All players will receive the following content:

- Baseball specific skill development
- Arm velocity development
- Running speed development
- Bat speed development
- Strength + Conditioning
- Professional body screening
- Pre and post program testing
- Incorporation of modern technology such as Rapsodo, Blast Motion
- Game play/awareness

Program cost

We are still waiting for some program costs to come in, however we are estimating it will be in the \$780 range. This correlates to \$39 per session or \$13 per hour of activity.

Trials

Trials for the program will be held on the following dates:

- Thursday 9th May 2024 – 6pm to 9pm
- Friday 10th May 2024 - 6pm to 9pm
- Tuesday 21st May 2024 - 6pm to 9pm
- Thursday 23rd May 2024 – 6pm to 9pm (if required)

Venue

Blacktown International Sports Park (Diamond 2)

Please note that players may be released from the trial process by BNSW High-Performance Staff anytime after trial 2 if in their opinion those players will be unsuccessful in selection

Registration

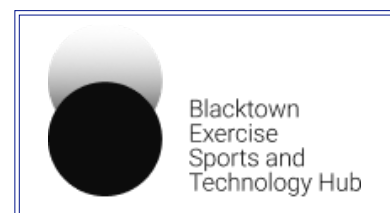
To register [click here](#).

For any enquires please contact Grahame Cassel, Baseball Development Manager on grahame@baseballnsw.com.au

Registrations to trial will end at midnight Tuesday 7th May, 2024.

Pre and Post Program Physical Testing

Sydney West Sports Medicine (situated at the new world class BEST facility located in BISP) will assist BNSW High Performance staff in conducting pre and post program testing which will also double up as testing for State Team selection.



Strength + Conditioning Program

The Strength + Conditioning Program is written by Driveline in conjunction with BNSW High Performance staff and will be implemented by our Program S & C coaches.



Running Speed Development

BNSW sprint coach David Nannes will be providing our players with a program designed to increase their running speed, mobility and agility. The program will be baseball specific - provide Dynamic Warm-Ups, progressive speed programming, cool down programming, and ancillary programs such as flexibility and mobility.



David Nannes

Driveline TRAQ

Baseball NSW's 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 NSW's 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.



College Recruitment

BNSW can provide an introduction to Baseball Australia Player Development Manager Andrew Riddell who can guide you through the USA College entry requirements if you are interested in a College career.

