



BASEBALL
NEW SOUTH WALES

2024 Performance Pathway Program Information Pack



Introduction

Baseball NSW will once again be conducting our U18 Performance Pathway Program (PPP) for 2024 and are now calling upon players who wish to trial for this program. Age eligibility for this program are players born in 2007 or 2008.

Players in the PPP will be selected via a combination of automatic invites 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 a standard to potentially represent NSW at the U18 level.

Program length

The Performance Pathway Program will run over a **10-week period between June 17 and August 24, 2024**

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

Sessions will take place at:

- Blacktown International Sports Park (Diamond 1)
- **6pm to 9pm on Monday and Wednesday nights**
- **9am to 12pm Saturday mornings**

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 on some of the costings to come in, however we estimate that the cost of the program this year will be approximately \$880 per player which correlates to \$30 per session or \$10 per hour of activity.

Trials

Trials for the program will be held on the following dates from 6pm - 9pm:

- Monday 29th April 2024
- Tuesday 30th April 2024
- Thursday 2nd May 2024
- Tuesday 7th May 2024

Venue

Blacktown International Sports Park (Diamond 1)

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

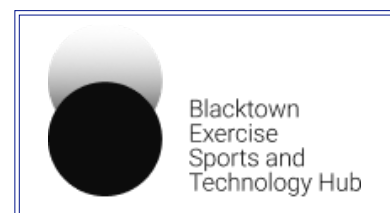
To register [click here](#)

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

Registrations to trial will end at midnight Friday 26th April, 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 Nennes 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 Nennes

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.

